SANDOW'S PHYSICAL CULTURE MAGAZINE.

Vol. XVI. No. 26. June 28th, 1906.

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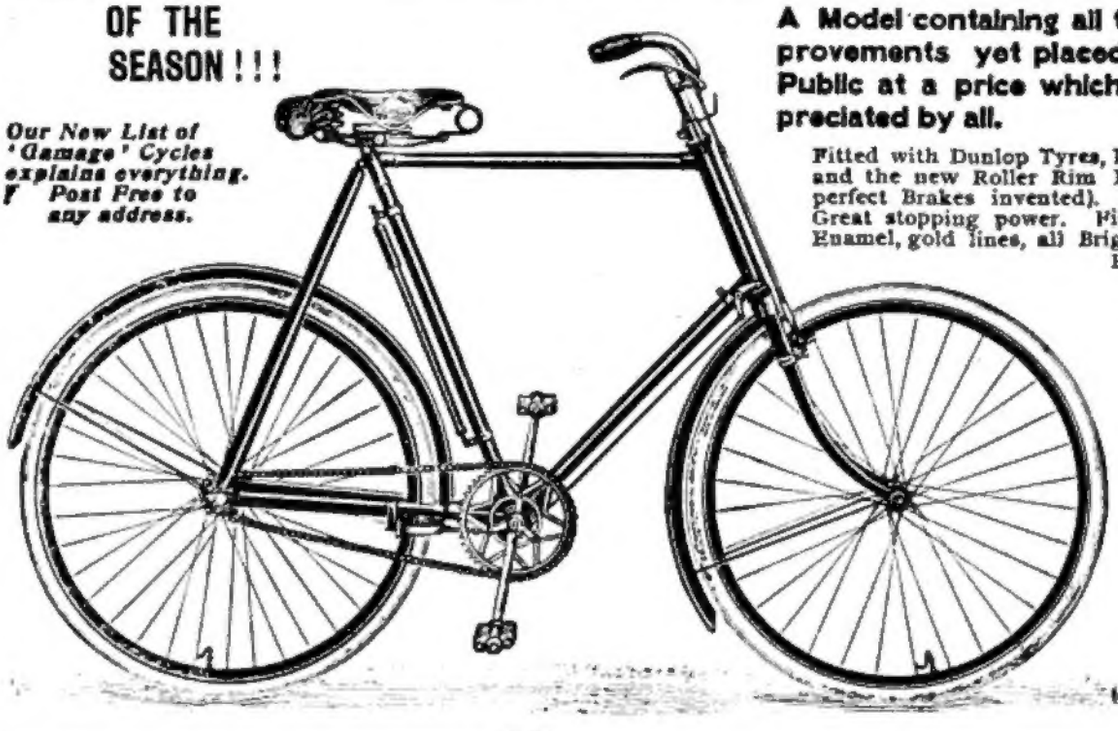

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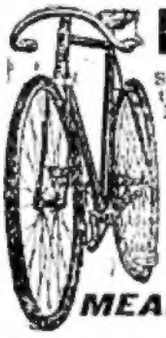

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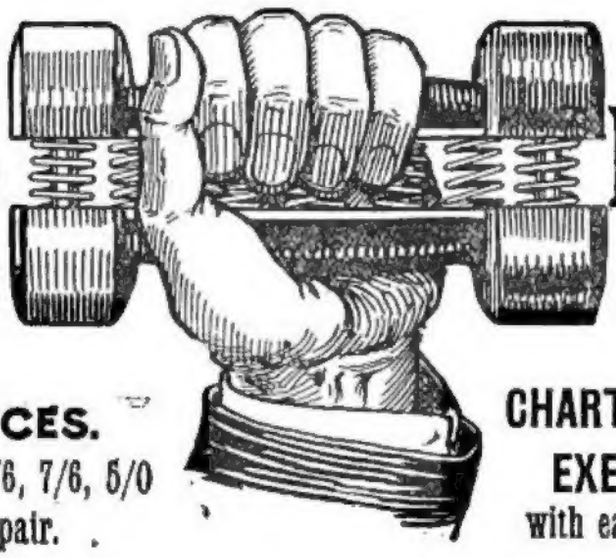

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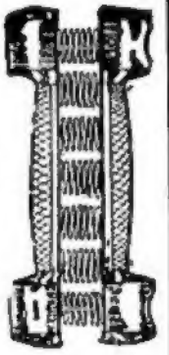

Yours faithfully,
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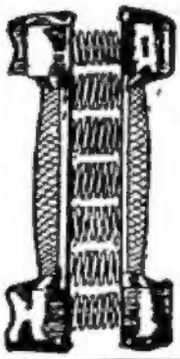

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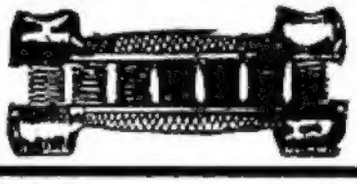

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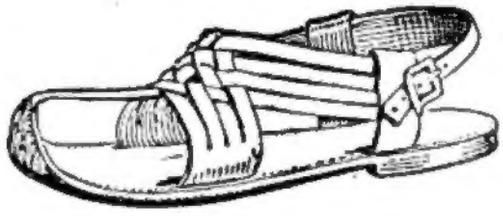

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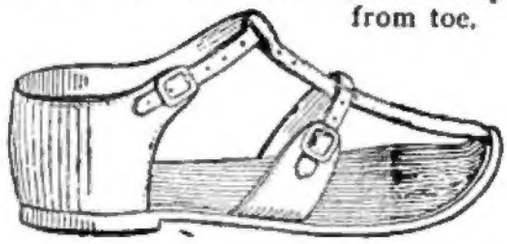

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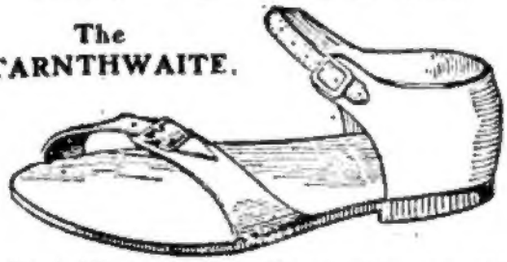

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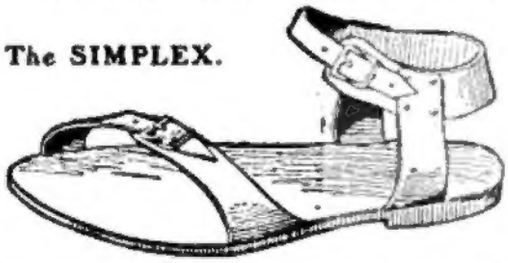

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SANDOW'S MAGAZINE

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PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

During the exciting scenes in the House of Commons over the Education Bill, an Irish member drew attention to the fact that if he and his children were paupers they would receive instruction in the dogma of his particular creed, but that, under the new Act, this religious freedom was refused. Certainly the pauper of to-day is well looked after, both spiritually and bodily. He has hygienic surroundings, he is compelled to live hygienically, his health is watched over by skilled physicians, and in many ways he is literally compelled to be healthy in spite of himself, whereas the hard working man outside the workhouse walls knows nothing of hygiene, and too often cares less.

o——o

He lives in a slum, in a building generally overcrowded and badly ventilated. He may drink himself to death for all the State or municipalities care, provided he keeps out of the clutches of the law, and pays his just liabilities. His wife, too, often knows nothing of food values, and his body is, as a result, ill-nourished. The children grow up like human weeds, with stunted bodies, enfeebled minds, and little idea of right and wrong. Many working men to-day would be better men mentally, morally, and physically for a term of imprisonment, under strict but sympathetic and experienced officials, or for a few weeks' sojourn under the hygienic condition of workhouse life.

o——o

How many working men, for instance, live, for the best part of the week, on the tinned meat which has come in for so much condemnation recently, varied by an occasional kipper and a piece of bread and cheese? And, in spite of all that has been said, they will go on doing it. But workhouse masters would not dare to ask paupers to risk their health in this way after recent revelations. Hence we find

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that already fresh, home-killed meat has had to be substituted at Birkenhead, Chatham, and other workhouses throughout the country. Of course, it is quite humane and fair that those who have fallen upon evil days should be supplied with good, nourishing food, but it appears to me that, under our poor law methods, the struggling labourer, who in his own way tries to be independent, has all the worst of the deal.

o——o

It is, of course, entering upon a debatable and dangerous topic to say just what degree of parental responsibility the State should assume towards the citizen, or just how far the individual is responsible to the mass of humanity. But it would certainly be more profitable to preserve the health of the individual—even at the risk of being charged with interfering with the liberty of the subject—before he sinks to the state of pauperism than afterwards. I would even go so far as to advocate criminal punishment for the man or woman who wilfully ignores the laws of health common-sense. We are all presumed to know the law, as it is man-made, and to obey it. But should we not much more easily understand Nature's laws and obey them. It is, in fact, wrong to ourselves to abuse, neglect, or in any way ill-treat our bodies, but it is also a grave social offence.

o——o

No man lives wholly to himself. He is only a cog in the social wheel. He enjoys all the privileges of joint citizenship, which are every year increasing, and he should feel himself bound to start also its responsibilities. Physical degeneracy makes steadily for immorality and criminality, and no government that does its duty honestly and thoroughly can permit a man to fall below a certain standard of efficiency. Here, as everywhere, prevention is better, easier, and less costly than cure, and the sooner we see compulsory physical training the better for the commonwealth, and, for that matter, for the individual.

o——o

Some interesting statistics concerning the seizure of unsound meat by the City of London Corporation and the Borough Council of Finsbury—which share between them the control of the London markets—are given by a writer in the *Daily Chronicle*. In 1904, about 78 tons of unsound meat were seized and destroyed by the Finsbury authority, and, last year, the figures had increased to 95 tons. The figures for the city, where most markets are under supervision, were naturally vastly greater, the seizure of diseased and unsound meat in 1905 amounting to 2,128½ tons. Nearly 200 tons of diseased and unsound meat is discovered monthly in the city alone.

o——o

It is a significant fact that, in connection with a proposed surprise visit of inspection to three London meat-packing establishments, only one (Crosse & Blackwell) would allow inspection to take place.

o——o

The following are the names of the winners of the January competition; these gentlemen having made application for medal as requested in our issue of May 31st:—(1) P. D. Stanon, Kent Villa, Newbold Road, Chesterfield; (2) R. M. H. Thompson, 35, Oxford Gardens, North Kensington, W.; (3) H. Ashton, Hebble End, Hebden Bridge; (4) Arthur W. Ford, Warwick House, Dunstall Road, Wolverhampton, and (5) J. Matthews, 136, Splott Avenue, Cardiff.

o——o

The remarkable pair of tandem cyclists portrayed on cover of this issue are Arthur Rushen and John Matthews. They represented—and won for—England, at the Olympic Festival at Athens, recently. Their records are:—

¼ mile	Standing start	56	secs.
½ ,,	Standing start	1 min. 24 1-5	,,
1 ,,	Standing start	1 ,, 53 3-5	,,

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½ ,,	Le Grys and Bartley	1 min. 25 1-5	,,
1 ,,	Le Grys and Bartley	1 ,, 54 2-5	,,

¼ mile made in September, 1899.
½ and 1 mile made in September, 1901.

Eugen Sandow

H.R.H. the Prince of Wales, immediately on his return from the East, ordered a pair of Sandow Grip Dumb-bells.

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In Sunlight Land.

BY E. MONTROSE.

SCIENTISTS, philosophers, physiologists, sociologists, and those who delight in getting to the root of things, are all agreed that environment, if not entirely responsible for, at least exercises the greatest influence upon character. We might as well expect to find roses flourishing in a morass, butterflies flitting about a coal mine, or birds singing at the bottom of an oubliette as to hope for moral beauty in the average city slum-dwelling or in the unsanitary sweating den.

In Sunlight-land the environment of the dwellers and the workers kills human weeds. There are dwellings here where toilers live, but they are miniature palaces. There is a mammoth workshop here, but it is such a workshop. Large, airy, well-lit rooms, rest-rooms, dining rooms—nothing is wanting to consummate the workers' happiness. And the workers, consequently, sing at their work. This is Port Sunlight village and Sunlight soap-works, situated on the side of the Mersey, and covering over 220 acres of land.

Port Sunlight is a model village. Everything that is required for the comfort and health of the inhabitants is provided, and everything that is done is done well. The village comprises some 600 houses and four miles of roadways, widening out at each junction into open spaces. Here are to be seen no monotonous rows of brick and mortar, the hard, distressing regularity of which is their only claim to notice, but pretty, dainty-looking cottages, in that early English style of architecture which appeals so strongly to our most pronounced natural characteristic—the love of home.

THE OPEN-AIR SWIMMING BATH.

PHYSICAL TRAINING OF SCHOOLGIRLS.

But the beautiful exteriors of the cottages, covered as they are in many cases with ivy, clematis, or the climbing rose, are no more remarkable for their beauty than are the interiors for their comfort; and the pretty latticed windows lighten many a cosy corner and many a comfortable room, of which the housewife is justly proud. The cottages are built mostly in blocks ranging from two to seven houses in a block, and no two blocks are alike. Every cottage has a bath, a privilege which the inmates of many

a house twice the rental sigh for in vain. Here are cottages comprising living room, scullery, three bedrooms, and bathroom; and houses containing parlour and extra bedrooms, as well as every modern sanitary convenience. Compare these delightful homes with the miserable tenements too often seen in our great industrial centres, and the advantage of residing in such healthy surroundings is at once apparent, while the difference in rent is distinctly in favour of the villagers of Port Sunlight.

THE GIRLS' GYMNASIUM.

PICTURESQUE ARCHITECTURE OF WORKMEN'S COTTAGES.

Where is there another village of the same size in which the singing of thrush, blackbird, lark, and linnet is to be heard at all hours of the day? It is possible to stand at the very door of the factory itself and listen to those feathered songsters trilling their joyous lays—surely the most eloquent testimony to the purity of the air and happy environment of the workers.

The story of Port Sunlight may be said to be the life-story of Mr. W. H. Lever.

When in 1885 Mr. Lever started to make soap, it is hardly probable that he thought of founding a town later on. Mr. Lever was a grocer at Bolton, when one day the whim took him to manufacture and sell soap. Mr. Lever, carried away by his researches, bought a tumble-down soap factory in order to exploit his product.

The excellent quality of the soap (Sunlight) made its fortune. However that may be, it is certain that in 1887 the business was so thriving that an enlargement of the factory had to be considered. At this juncture, Mr. Lever had the ingenious idea of founding his model village. The village supplying a healthy home for the hands, the works gaining a gigantic advertisement from the village, one supporting thus the other, it was certain that both should make headway and progress.

Suitable land had to be found. This was no easy matter. Two conditions prevailed: the land had to be cheap and it had to be of easy access to the various routes of communication. Mr. Lever thought that the second condition would be fulfilled if he could find something on the banks of the river Mersey, near Liverpool. The locality was thus chosen, and he then searched the country and enquired for land to be sold. Many difficulties, of course, cropped up.

He bought 56 acres at the rate of about £200 per acre. In view of the advantageous position, being on the bank of the Mersey, and half-an-hour's journey

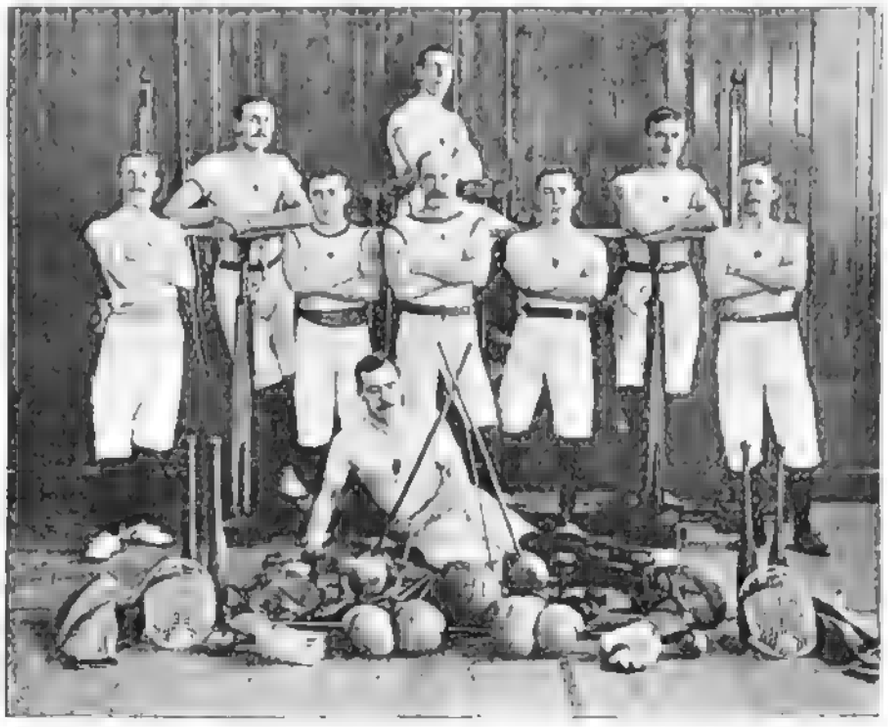
from Liverpool, the price for the land was rather moderate.

Mr. Lever did not lose a minute as soon as the purchase deed was signed. He took possession of the land, and, with the assistance of Mr. Nickson, the superintendent of the works, and Mr. Owen, the chief architect, they commenced the tracing of the roads; this done, they made a plan showing the respective sites for the works and the village. To the first-named 23 acres were allotted, while 26 acres were reserved for the houses.

by Mrs. Lever; in June, 1889, the works were opened and the houses received their first occupiers.

Little by little the village was organised; the roads were lined with new houses, new ones were built from year to year, and in 1895, the estate having become too small, adjoining plots had to be bought. The last parcels bought were at Primrose Hill, and the increase of value may be gauged on learning that the purchase price was £1,000 per acre.

In 1887 the land was worth 1s. per square yard. In the space of thirteen



THE CHAMPION EIGHT GYMNASTS AND LEADER.

"We had no doubt as to the success of the works at that time," said Mr. Lever, "but we were very anxious as to the success of the houses with the workmen, for with the natural, and often justifiable tendency, to mistrust all the work which pertains to the employers, it was very possible that our workmen would never enter the houses which we reserved for them. As you have seen, our fear was unfounded, for at the present moment we have surplus applications for our 600 houses. This success is in some measure due to our architects, who made the houses so pretty that their beauty removed the distrust."

The first sod was cut in March, 1888,

years, the value had therefore increased several times its original value.

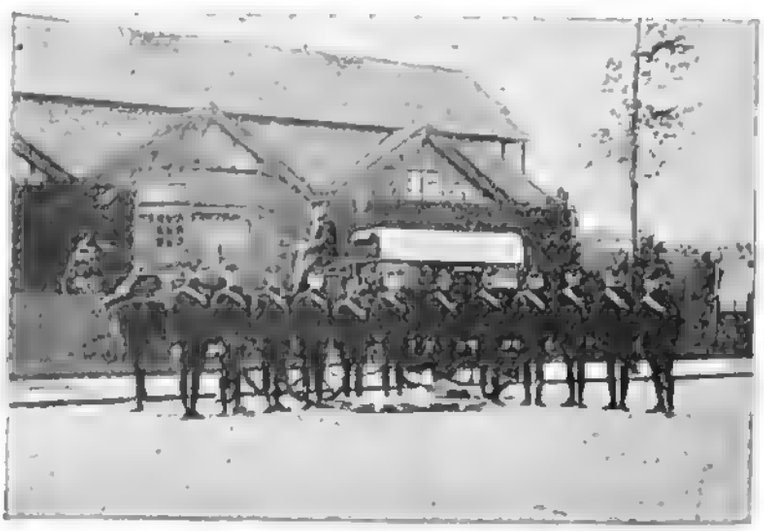
Port Sunlight is, in the best sense of the word, a garden city. Every house has its garden, and, in addition, every inhabitant can have an allotment garden to cultivate within a short distance.

Port Sunlight is a community with a life of its own, a special and clearly-defined character of its own. Though bordering (on one side) on the open country, Port Sunlight supplies its inhabitants with all the pleasures and all the recreations (at least, the healthy ones) which can be procured in our modern towns.

The welfare of the workers is amply

considered, both from the mental and physical standpoint. There are general restaurants where the workers can buy food very cheaply, or, if they prefer to bring their own food and cook it; one large hall, the Gladstone Hall, holds about 1,000 people, and is used both as a dining and a concert hall. There are provident institutions of two kinds, those which provide safe investments for the savings of their members, and those which have the aim of providing for the future. The stores are run on co-operative lines, and there is a penny bank for the youngsters.

THE MEN'S GYMNASIUM.



THE AMBULANCE BRIGADE.

Recreation is also well to the front. There is a magnificent open-air swimming bath, oval shaped 100 ft. long and 75 ft. broad, and capable of holding 200,000 gallons of water. The swimming and the life-saving club in connection with it, has some 250 members. Port Sunlight has also a handsome and well-equipped gymnasium, with a large central hall for men, whilst on the right and left respectively, provision is made for boys and girls. The membership is upwards of 160. The village has its football, cricket, bowling, and cycling clubs, its own corps of Volunteers, and a splendid band. The Amateur Dramatic Society gives entertainments during the winter; a Lodge of Freemasons is one of the social features of the place. The men's social club is a handsome building, with billiard and reading-rooms, and attached to it are a bowling green and a quoiting ground. The Employés Holiday Fund enables the workers to save up sufficient to enjoy a week's holiday in the summer, during which full wages are allowed.

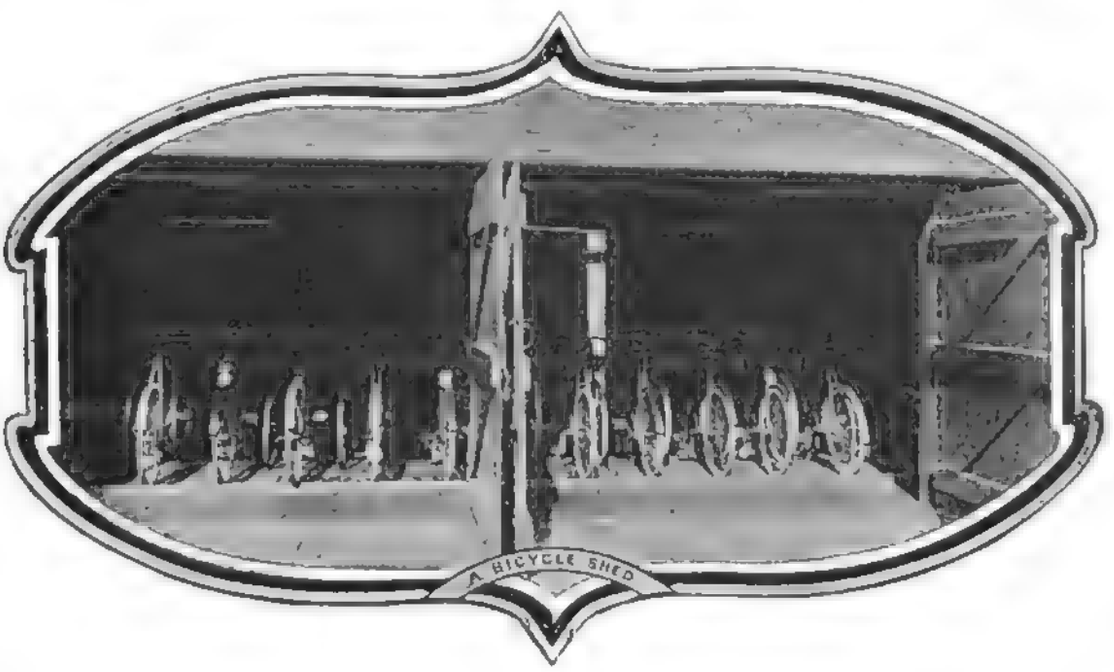
Among the numerous advantages enjoyed by the female workers in particular, the following are worthy of mention: A working week of forty-five hours, three hours less than the men, who work forty-eight hours per week. There are also *free* trains provided which run to and from Birkenhead, Rock Ferry, etc., and large numbers of girls living in the districts referred to eagerly avail themselves of this benefit. Another privilege enjoyed by the females is the provision, free of charge, of neat white overalls, and also of hoods where the nature of the work makes them desirable. These are washed weekly at the company's expense, and the neat and clean effect produced by this arrangement is noticeable.

Again, for those girls who occasionally have to work overtime, a tea is provided free of charge, in addition to the payment of their overtime money. Where the nature of the work makes it desirable, comfortably fitted-up baths are provided, which the employés are expected to use before leaving.

Everything is conducted on a purely business basis, there being no suggestion of either philanthropy or patronage.

"It would be absolutely incorrect," says Mr. Lever, "to compare me with a philanthropist. Philanthropy is only another name for charity, and charity can only mean pauperism. The question of cheap housing has nothing to do with charity or pauperism. There is so much misery that charity will always be impotent to remove it. The only means of remedying social evils is to wisely conduct our own affairs to the greater benefit of all. It is less our task to help the unfortunate than to prevent misfortune. There is no philanthropy at Port Sunlight, for there is no room for such a thing in business. The relations between employers and employés must be of a strictly business character; both master and workman must most loyally carry out their mutual agreement. Based upon this principle, I reason that if the directors felt the need, after a day's work, to find a comfortable and attractive home awaiting them on leaving work, the same need must exist for their co-workers. It appears to me that those who have contributed towards the prosperity of our business have the same right as we to live a pleasant life in pleasant surroundings.

"I can look any of my workmen in the face, and tell him, man to man, 'We never patronised you; we never intended doing so, and we never shall attempt to thrust our patronage on you.' And any of my workmen can look me in the face and say, 'I never received any pay from you that was not due to me for my work I gave you, and that is all I want.'"



MUSCLES AND MIND. The Half-hour Cure.

[Under the heading, "Wanted, a Mental Sandow," Mr. Arnold Bennett recently contributed a very interesting article to *T.P.'s Weekly*. He has followed it up with others of an equally attractive character, dealing with the question of "Mental Efficiency," and the articles have elicited many breezy letters from various correspondents. The following is one which I am sure readers of SANDOW'S MAGAZINE will peruse with interest.—THE EDITOR.]

"IT seems to me," says the writer, "that it is not motive that is wanted, but motive power. The machinery is there (more or less); the owner's desire for the machinery to work is presupposed; but what is to start it? Clearly, some external stimulus is needed. If your will is weak, someone else's will must be requisitioned. If we cannot do what we would, we must let ourselves be made to do it. This is why we hand over the responsibility of our health and our muscles. Were I a metaphysician, I should put in the forefront of my arguments for the existence of free-will that curious relief that the human mind experiences in handing over responsibility to another, and 'blaming it on to' someone else, as the children say. It is not a commendable trait of the human mind, but we have to take our material as we find it, and make what use of it we can.

"Moreover, the eternal stimulus must cost us something. At the present time our standard of value is the money standard, and if we are to value anything, it must cost in hard cash. We pay our doctor to prescribe for us sleep, fresh air, and exercise. We pay—with more reason—Mr. Sandow to make us use our muscles. Therefore, to arrive at mental efficiency, we must pay somebody to set our brains to work and keep them going.

HALF-HOUR SYSTEM.

"I leave that point for a moment to draw upon my own experience. The history of my search for the door to the Realms of Gold, and of my discovery of the Sesame to open its treasures, is 'another story,' too long to relate here, But I must mention my greatest help in my journeyings—I joined a Half-Hour Society. I am quite aware that such things excite the scorn and scoff of the uninformed. At first sight it does appear rather ridiculous to pay certain annual shillings for the privilege of being fined for failing to carry out one's own wishes. But the human mind is a ridiculous thing in some respects; and this is not more ridiculous than to pay Mr. Sandow to make us do hard labour for a certain time every day. The value of the half-hour system is to be realised only when it is tried, as would be seen if I gave the list of my own achievements therein; and I have no hesitation in warmly recommending its use. The National Home Reading Union directs readers in the choice of books, and T.P.'s Ladder of Learning is of incalculable value; but no steps are taken to ensure their being read. The two systems might with advantage be worked together. In my own case, the effect was not so much on my own will as on other people's, in preventing interruption and hindrance. But self-culture is a duty which is easily swamped by others which clamour louder for attention.

INTELLIGENCE.

On these considerations, then, my system of mental culture is based. First, the patient pays a fee calculated to make it worth his while to follow out the treatment faithfully. Secondly, he undertakes to devote a certain amount of time every day. It may be a quarter of an hour to start with, or even five minutes for a weak beginner, but it must be regular, definite, and strenuous. Next, the patient is required to submit his symptoms to the Professor of Mental Efficiency—for the purposes of argument, not of advertisement—myself. Like Sandow, I must know

what muscles are weak, and what are desired to be strengthened, what the patient reads, and what he desires to read, or would like to desire; and I devise a graduated system accordingly. Like him, too, I maintain that the question is not so much of using one's muscles as of using them intelligently; to exercise them we need not lift heavy weights, but after exercise the lifting becomes easy. Even so, my method is to begin where the reader actually is; first to make his reading more intelligent, then to make what he reads accord with his growing powers. For instance, he reads condensed political speeches, or snippets of science; he is gradually encouraged to read longer and longer articles, to link them together, to follow up lines of interest, to discover such lines for himself, until he arrives at Gibbon or Spencer, or, say, *via* Augustine Birrell, at Belles Lettres. Or she reads the *Weekly Magazine of Fiction*; she is encouraged to seek out human interest, characterisation, sequence of event, nature background, aptness of language, according to her chosen line (there is precious little, perhaps, but anything will do for a beginning), till, through higher fiction, and side issues of interest, she reaches sociology, psychology, philosophy, or what not.

Not that the reader's own line is strictly adhered to. The man of facts is taught by degrees to enjoy poetry, through poetical prose and simple rhyming; and the dreamer, by being shown the beauty and the mysticism of common things, learns to butt his head against syllogisms or scientific facts.

It is a long process, but of deep interest and high hopefulness all along. For many the course is not needed quite from the beginning; and for all the taking of self-culture into the hands of self is only a question of time.

This method touches the two parts of the disease, the absence of will-power and the neglected condition of the brain; and the two branches of the cure are worked concurrently.

THE FOOD WE EAT.

Our Tainted Milk.

IS the milk supply of this country to be the next food subject for keen criticism in this country.

The signs are evident that such a campaign will shortly begin. Professor Long, the famous agricultural expert, writing to the *Daily Mail*, says:—

"It must be evident to those who have paid attention to the purity of our food supply that one of the most important—indeed, the most important to a large number of our people, children and invalids in particular, milk is produced and sold under conditions which are highly unsatisfactory. Impure milk affects not only health but the death-rate, especially of infants during hot weather. It is handled under unhealthy conditions, both on the farm and in the retailer's shop. Samples are taken which are crowded with millions of germs, many of which are of a dangerous character, while the fact that, during the whole of the warmer months, it is drugged with antiseptics and artificially coloured is undeniable. There are many honourable exceptions, both among farmers and traders; but, roundly speaking, the entire system is faulty.

HARBOUR FOR BACTERIA.

"What are the existing conditions? Milk is produced in sheds in the country as well as in our towns, to which the cattle are partially or entirely confined. On the farm the animals are housed in winter and turned out to grass in summer. When housed, their flanks, haunches, abdomen, and udders are plastered with filth. Not one herd in fifty is groomed, so that the coat becomes a harbour for dirt and bacterial life. In summer the cows are brought in morning and evening for milking in the buildings, the atmosphere of which is polluted by dust and necessarily by crowds of living organisms. The clothes worn by these people are seldom clean—more often foul; their dirty

fingers, much too commonly tainted with the manure which stains the teats, are dipped into the milk to enable them to draw the fluid with greater ease.

"The pails and other utensils employed are, indeed, usually scalded and rinsed, but the water supply is not always immaculate. The warm milk is cooled by flowing over a refrigerator—itself clean, but exposed to a tainted atmosphere—subsequently running into a railway can, which is closed and despatched to its destination, its contents being laden with dust, dirt, and bacteria. In spite of the straining to which it has been subjected, and which, like every other procedure, is most imperfect, a boric acid solution is employed in warm weather, sometimes, indeed, by farmer, merchant, and retailer, to prevent the milk becoming sour, and so another and objectionable property is added to an already impure sample.

"Dr. Russell, a high authority in America, like others who have followed his example, once exposed gelatine plates of similar diameter to the milk-pail for one second. Subsequent examination revealed the fact that tens of thousands of germs had been deposited in this very short period.

TUBERCULOUS COWS.

"Experts like Dr. Newman, who has examined milk sold in Finsbury and other localities, could probably tell us much the same tale as these figures reveal about the milk of the metropolis, and still more of the quiet country town, where equally bad milk is sold. Although the lactic germ is common to milk after exposure; we can have too much of it; but the presence of pathogenic germs is a danger to the health of the community, and yet there have been scores of deadly epidemics which have been practically traced to the milk supply. In Manchester, and Liverpool in particular, the germs of tuberculosis have been frequently found in milk, and yet one of our most eminent veterinarians estimates that 40 per cent. of our cows are tuberculous. In the experience of the writer, a tuberculous cow in a herd is almost certain to infect its neighbours.

"Under what conditions should milk be produced? First, it may be pasteurised by heating to 170 deg. F., or sterilised at boiling point. In the one case all living germs are destroyed; in the other the spores or seeds are destroyed as well. Sterilised milk would save the trader much trouble, for he could deliver a weekly supply in bottles, and save thirteen deliveries. In the second place, milk might be bottled on the farm, or, if preferred, on the premises of the dealer, conditionally, however, upon its being produced and handled in a thoroughly scientific manner.

"What does this mean? That cows should be kept and milked on the pastures during all but the most severe weather. The experiments on the Shropshire County Farm have shown that cows can be kept entirely out of doors up to Christmas with additional profit.

"Add to this practice the following conditions:—

"1. Daily grooming.

"2. Sponging of the udder and flanks—where the milker's head usually rests—before every milking.

"3. The milker's hands to be washed and their clothes covered with south-country white overalls, peculiar to the milkers of Dorset and Wilts.

"4. The employment of sterilised pails and strainers.

"5. Refrigeration in the open air.

"6. Prohibition of dipping fingers in the milk.

"7. Cool milk vans on the railways where these are still unknown.

"8. Prohibition of the exposure of milk in shops.

"9. The absolute extermination of tuberculous and other unhealthy cows from our herds.

"The shopman is one of our greatest culprits; in all crowded towns the atmosphere of the shop, like that of the street, is dirty and germ-laden, and, therefore, unfit for the exposure of so delicate an article as milk. If these practices were observed, and milk sold in sealed bottles, there would be no more annual holocausts of infant life, no drugging with boric acid, and none of those repeated and

dangerous troubles which are the result of the consumption of a food which is not infrequently unfit for swine."

Meat Inspection Stations.

Dr. Newman, Medical Officer of Health, in presenting to the Borough Council of Finsbury a memorandum on tinned food inspection, says :—

On the whole, I am of opinion that there is no evidence which should give rise to special anxiety in respect to the qualities of tinned foods in Finsbury. The whole question of food inspection is steadily advancing, and with the five following conditions provided, a satisfactory system of protection for the community would be secured.

1. Vigilant and skilled inspection, both before and after slaughter, at the place of importation, and on the market.
2. The establishment of meat inspection stations and public slaughter-houses.
3. The adoption of some system of marking or stamping meat and meat foods, after careful examination at the factory or inspection station.
4. A uniform basis for seizure and condemnation, particularly butchers' meat.
5. Strict sanitary supervision of all food premises, and more cleanly manipulation throughout of meat and other food-stuffs.

In addition to tinned goods, very large quantities of American meat (not tinned) pass through the Finsbury Market, packed in boxes or wrapped in cloths. Most of this is in good condition, though occasionally a number of crates are confiscated as unsound. From 1901-1905 58 quarters of American beef and 2,115 cases and barrels of American offal were thus confiscated.

Following up the revelations from the "other side," comes an interesting Local Government Board report at home.

Dr. Buchanan "finds it difficult to believe that swine tuberculosis would not be materially checked by the adoption of practicable methods to ensure greater care and cleanliness in pig-keeping and feeding."

The method Dr. Buchanan suggests is in the pasteurising, or boiling, of all skim butter milk given to pigs, which is followed as a matter of routine in connection with the dairy factories in Denmark, and has come into use at certain dairy farms in this country. Where the system is adopted, Dr. Buchanan adds, it "may be expected to furnish an important check on the spread of tuberculosis among pigs."

Coming to the question of the detection of tuberculosis in pork, Dr. Buchanan says :—"Unfortunately it is not the custom to record condemnations for tuberculosis separately from condemnation from other causes of 'disease,' so that no figures on this point are available. It would be useful, I think, if this distinction were to be made in future returns."

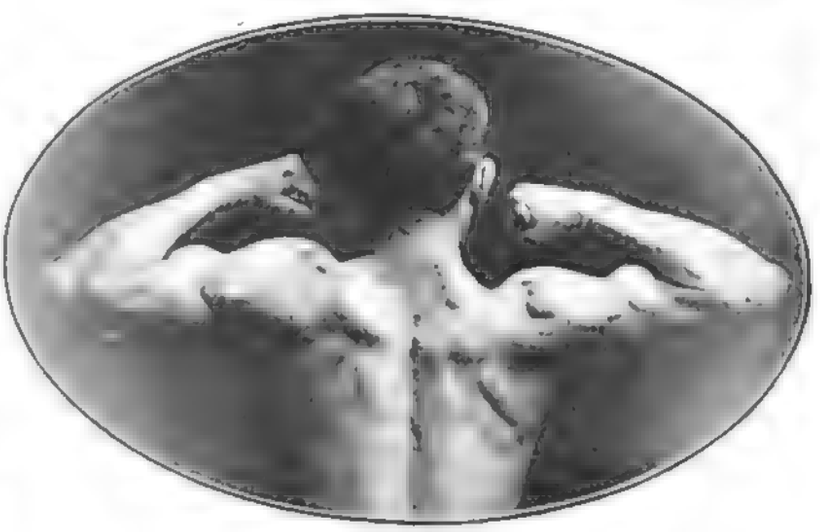
Summing up his reports on the various metropolitan markets, Dr. Buchanan says that they indicate, as regards London, "incompleteness and lack of uniformity in measures adopted by public authorities to control or prevent the importation, sale, or use for manufacture of meat of tuberculous pigs." He observes :—

"The need for greater uniformity in the practice of public health authorities concerned with London meat is appreciated by those engaged in the pork trade, whether farmers, middlemen, or retail butchers, and has been insisted upon in representations made on behalf of the trade to Government Departments and local authorities. . . . There would, I think, be many advantages in extending the system adopted in Dutch and Danish slaughter-houses of attesting the fact that a given carcase together with its viscera has passed official inspection. The official labels which at present are attached to these carcases might usefully be supplemented by stamping or branding the carcase in several places with an appropriate mark. Similar marking and labelling could, I imagine, be easily undertaken in the case of pigs slaughtered under official inspection at Islington, when new slaughter-house arrangements are made there."

Dealing generally with the question of meat inspection undertaken by the London Borough Councils (and this has

an important bearing on the Chicago scandals), Dr. Buchanan says "there can be no doubt that in several boroughs under present circumstances much good work has been accomplished by the appointment of an inspector with special experience and training in meat inspection, who gives a large part of his time to the inspection of meat in the borough."

"It is obviously desirable," he adds, "that all inspectors of borough councils who visit butchers' shops and places where meat is prepared should have a general acquaintance with diseased conditions of meat, with the names of organs and joints, and with the appearances of decomposition and the like. Knowledge of meat inspection of the kind attested by the certificate given by the Royal Sanitary Institute to those who have been through the prescribed course and passed the examination in meat and food inspection is particularly useful for this purpose."



Butter Adulteration.

In a recent adulteration case at Bow Street Police-court, Mr. Charles Simmonds, a Government analyst, gave evidence as to analysing a sample of "lardine," which he found to be nothing but lard worked up with water in the proportion of 9.17 per cent.

He had experimented with the substance on three different samples of genuine butters in accordance with a scale which had been sent out by the defendant to his customers, and he found that by adding as much as 17 per cent. of "lardine" to butter it would have been impossible for an analyst to condemn it, although he might have some suspicion that the butter had been adulterated.

The defendant's scale had been scientifically prepared, and if carefully followed the "lardine" could be mixed with any butter.

The Genesis of Medicine.

For ages the belief has prevailed among most savage tribes, and to a certain extent among civilised nations of the Orient, that disease is a species of demon possession, and the proper cure for it is to drive the demon out. Thus in some parts of China to-day, when a man is taken sick, his friends and neighbours surround the house and make the most hideous noises by striking on tin pans and shouting at the top of their voices, with the idea of driving the evil spirit away. By the same line of reasoning it was concluded that if some vile-smelling, bad-tasting concoction could be introduced into the stomach of the patient, that would be the most effective way of expelling the intruder. This seems to be the true genesis of the medicine-bottle even if it is not a very pleasant one to contemplate. The idea that the concoction would have beneficially affected certain organs of the body, was of later development. To-day the best physicians are using drugs in decreasing quantities, and depending on natural remedies. In general it may be said without any fear of authoritative contradiction, that the true antidotes to disease, if such a term be admissible, are fresh air, sunlight, wholesome food, and the judicious employment of such additional aids to Nature as hydrotherapy in its various forms, massage, and electricity. In all chronic diseases the most important requisite to a cure is the intelligent co-operation of the patient. He must cease to do evil and learn to do well. His food, drink, exercise, and habits in general must conform to the natural order, and his mental attitude must be that of hope and good cheer. In short, he is called upon to *be* and to *do*; not simply to *take* something out of a bottle.—M. ELLSWORTH OLSEN, in *Good Health*.

Comforting to Patient.

SUBURBAN LADY PATIENT: "Doctor, I am sorry you have had to come so far from your regular practice."

DOCTOR: "Oh, it's all right. I have another patient in the neighbourhood, so I can kill two birds with one stone."

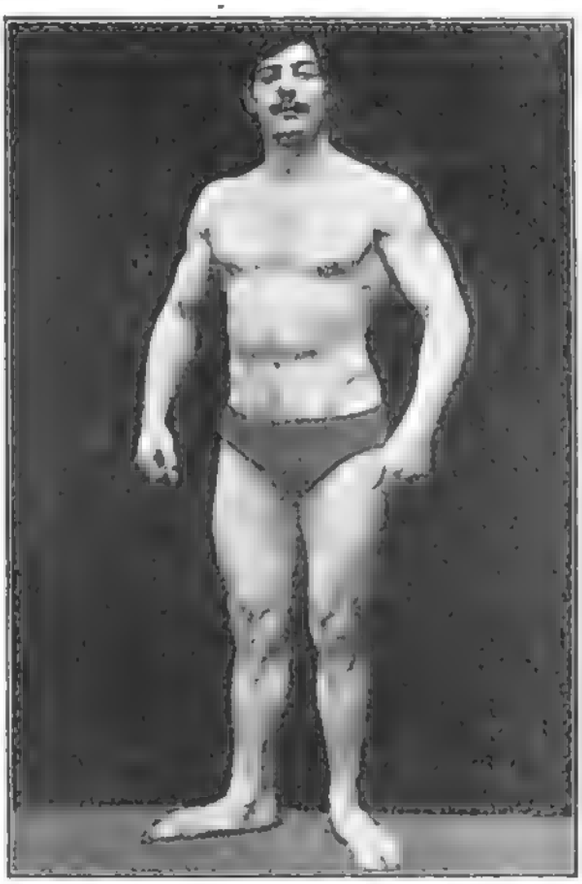
ABOUT "LETTING GO."

How to be Happy though Troubled.

THE person who wants to be healthy, morally, mentally, physically, must learn to let go.

Let go of the little irritations and the petty vexations that cross your path every day. Don't take them up and pet them and nurse them and brood over them. They are not worth while. Let them go.

That little difference that exists between yourself and your neighbour, that you argue and bicker over every time you meet, drop it, let it go. You can't afford to lose a good neighbour, or a friend, by simply hanging on to some difference of opinion, and spending your time quarrelling over it instead of enjoying each other and talking about the things on which you do agree.



THE FRENCH WEIGHT-LIFTER'S FIGURE.
This is a really splendid specimen of the typical French weight-lifter's figure. It is much less fleshy and more graceful than that of the average German weight-lifter.

Don't argue with anyone anyhow. It will do no good. And remember, please remember, that arguing means certain death to love and friendship. You may think not, you may hope to accomplish something by arguing, but you will accomplish nothing but a loss of respect for each other and the total destruction of those kindly feelings that once existed. Respect each other's opinions and let go the arguing.

That little hurt that you got from a friend, perhaps it wasn't intended, perhaps it was, but no matter, let it go. Refuse to think about it.

Let go of that feeling of hatred you have for another, the jealousy, the envy, the malice—let go such thoughts. They are foul and unclean and you should refuse them habitation within your thought or memory. Sweep them out of your mind and you will be surprised what a clearing up and rejuvenating effect it will have on you, both physically and mentally. It will be like ridding the system of poison, for such thoughts do act as poison, diminishing the secretions of the body, clogging up the organs, and vitiating the whole system. Let them go, let them go; you house and shelter them at a deadly risk.

But the big troubles, the bitter disappointments, the deep wrongs, the heart-breaking sorrows, the tragedies of life, what about them? Why—just let them go, too. Drop them, softly, maybe, but surely. Put away all regret and bitterness and let sorrow be only a softening memory. Yes, let them go — let them go.

Then that little pet ailment that you have been hanging on to and talking about for these many years, let it go. It will be a good riddance. You have given it so much attention, and flattered it by talking so much about it, that it will be hard to get rid of it. You have treated it royally, and it likes to stay with you. But turn it out, let it go. Don't pay any attention to it, quit talking about it, and it will go away of itself. Perhaps when you once let go of it you will find that after all it was only a figment of your mind and had no real existence.

THE MOMENTUM OF HABIT.

Form the Habit of NOT doing some Things.

By the Rev. E. A. KING.

I HAVE been thinking recently about the "momentum of habit." Most of us, I suppose, have heard about the unfortunate results of evil habits, but there is such a thing as fortunate results of good habits. The law of habit works both ways. Because this is so it makes a great deal of difference what kind of habits are started in the young. After a few years the customary way of doing things becomes a fixed habit, and the act has been repeated so many times that a momentum is established, and the act becomes automatic.

This can be observed in the experience of a learner at the piano. The first lessons require time and patience, but later the performer can go on playing and at the same time conversing with some one about an entirely different subject. A juggler can keep three or four balls in the air and read a book that is set before him without interfering with his juggling. This is because he has repeated the juggling act so many times that it has become second nature to him, and once started the acting goes on automatically. This "going on automatically" is the momentum of habit.

This works in another way, also. An express train going sixty miles an hour may suddenly come upon an object on the track. The steam is shut off, the wheels reversed, the breaks made fast; but though the wheels reverse, and the breaks hold fast, the engine ploughs on because of the tremendous momentum generated by the previous rapid motion. Thus when a man tries to stop some habit that has gotten fast hold on his life he finds it almost impossible because his old way of doing is a momentum that keeps him going along the old lines.

This all means that Nature is so constituted that it is best to make the habit propensity our ally instead of our enemy. If we do naturally form habits, and we do, then let us see to it that early in life we start the right kind of habits, for it is as easy to form the habit of resistance as of yielding. Take the habit of tobacco using or the habit of drinking intoxicants. If, in boyhood, it is made plain that these things ought not to be indulged then the habit of so thinking will be formed, and it makes no difference what the inducement may be, the habit of not doing it is firmly fixed.

This morning I read of a company of county commissioners holding a meeting. The newspaper reporter said it was an unique crowd. Not one of the men smoked, drank or chewed tobacco. They were constantly offered liquor of one kind or another and they had no use for it. These men have been twice elected to the positions they now hold. They had formed the habit of not doing these things.

I am emphasising this point not to present the question of the right or wrong of tobacco using or liquor drinking; but to point out the fact that we are so constituted physically and mentally that we can cultivate the habit of not doing a thing as well as of actually doing a thing. This is a great truth for parents and teachers if they will only give it a fair trial. It might prove a God-send to many a man now a slave to some evil and debilitating habit. The way out of trouble for such a man is to radically establish a brand-new habit and work it for all it is worth, until the new habit is so much stronger than the old one, that the old is overpowered. Right here is the key to self-mastery.

General Booth and the Simple Diet.

There are probably few men who live a more strenuous and active life than General Booth, the venerable founder and head of the Salvation Army. Writing his annual message to the Army, he says: "I have not taken fish, fowl nor flesh for the last seven years, and during that time have scarcely missed a public engagement. I do not know that I have been much better in health for many years than I find myself to-day."

CLASSES FOR COURAGE.

Self-Reliance to be Taught in Schools.

"CAN courage be taught?" is a question which has recently aroused a great deal of interest. The necessity of educating children in self-control and presence of mind has long been recognised, and it is now proposed to organise a "courage" class in the kindergarten department of every school.

"Although few people are aware of the fact, the drill which is taught in our schools provides exercises which promote fearlessness and confidence," a London County Council instructor informed a *Gazette and Express* representative recently.

"It is a case of physical movements with mental effects, and a number of these exercises are employed to develop the brain."

A children's specialist takes a serious view of parental neglect in omitting to provide an education in presence of mind for their children.

"It is as important as teaching the three R's," he said. "I contend that half the accidents could have been averted, and the man or woman saved, if presence of mind had been developed in them as children.

"Courage may be taught even in the home circle. Harness one little boy. Give the reins into the hands of his elder brother, and say, 'Your horse is running away. What are you going to do?' The child must be taught to reply, 'Hold the reins and sit tight.' In the case of a real runaway the boy would instinctively follow out these directions.

"Organise fire drill in the nursery. Allot each child a place. Teach the elder boy to bind a wet cloth over his nose and mouth and carry his baby sister down the staircase, which is supposed to be burning."

Miss Yelland, the headmistress of the Froebel Kindergarten and School, said to a *Gazette and Express* representative recently, "Children are naturally fearless. A child with nerves is artificial, and the cause can be traced usually to the nurse or the parent, who has made promises which cannot be performed.

"Our system is calculated to promote independence, fearlessness, and individuality, which will naturally result in presence of mind.

"For instance, the painting class is an example of fearlessness. If you or I were asked to draw a picture of 'Hiawatha going out shooting' we might hesitate, but you never hear the children say, 'I can't.' A little boy will march boldly up to the blackboard with his crayons and do his best to draw a good picture.'"

F. RADCLIFFE.
A Yorkshire Youth whose Development is due to Sandow's Grip Dumb-Bell.

Bee stings, mosquito or gnat bites may be relieved by bathing in borax water.

Before applying a poultice cover the skin lightly with glycerine to prevent any particles from adhering.

A little salt rubbed on the teeth is not only very cleansing, but keeps the teeth white, and it also hardens the gums.

WOMEN WORKERS AND MALE LOAFERS.

Innocent Babies Suffer Through Both.

MR. JOHN BURNS, M.P., delivered the inaugural address at the recent National Conference on Infantile Mortality, promised the practical help of his Department, and said he might bring in a small Bill to legalise municipal milk depôts, which had done so much good.

"One hundred thousand infant lives, roughly, were sacrificed every year," he declared, "by neglect and ignorance." In some districts from thirty to sixty per cent. of those born die under five years of age. In Kensington, of every thousand, eleven succumbed as infants, and in other boroughs the infantile death-rate was forty to fifty per thousand. He knew of one place where the rate was three to four hundred per thousand.

It was to the mothers that we must look for help; they should be ready for any sacrifice. Does material progress tell on the child too severely? he asked, while admitting that there were cheering facts, such as the increase of sobriety.

A man's physique began with his grandmother, and Napoleon was right when he said, "Oh, those English mothers." Men in those days knew nothing of woollen comforters or canned meat! Drinking by the expectant mother was the greatest tragedy of society. The children of drunkards were handicapped for fifty years. Saturday was the worst day for infantile mortality, followed by Monday and Sunday.

The effects of married women working were responsible for the gangs of anæmic and vulgar hooligans in the London streets. He himself was the sixteenth son out of a family of eighteen, nine of whom survived, and he owed all his strength to a home where the mother was always present. His food in his youth chiefly consisted of boiled mutton and Irish stew—no tinned, faked meat for him! Women working, increased loafing on the husbands' parts. While their wives were away at the laundry, there were far too many men to buttress or French polish the front of a public-house. It was an individual mistake, a social tragedy, a communal blunder.

Mothers should not be allowed to work three months before and six months after childbirth. Breast-feeding should be encouraged. In Battersea during the last thirty-five years the population had been trebled, and the death-rate halved. Infantile mortality had decreased from 176 to 131 per thousand. It was in great measure due to the fact that there were fewer public-houses per thousand inhabitants than anywhere else in London, and that depôts for good sterilised milk had been formed. In his opinion the great remedies needed were:—

Better and cleaner milk.
Cleaner and more sober homes.
Better air for both mothers and children.
Paved backyards.
Cleanliness everywhere.
Milk depôts wherever they can be placed.

These depôts should be run municipally, but they should on no account discourage breast-feeding. Fashion had commenced to curtail maternal responsibility; vanity and caprice had damaged the proper bearing of children; humanity must be brought forward.

Physical Training in Cardiff Schools.—At a recent meeting of the school management committee of the Cardiff City Council a communication was received from the Cardiff and District Teachers' Association, strongly protesting against the recent report of his Majesty's inspector on the physical training given in Cardiff schools, and pointing out the large amount of self-denial on the part of the teachers in promoting the physical welfare of the children. Mr. J. J. Jackson (director of education) said he had discussed the matter with a deputation from the teachers, with the result that the teachers had now agreed to carry out the request of the committee, it being understood that in three months' time there would be a report made by the head teachers as to those who had qualified themselves for giving physical training, and that those who had not qualified by that date would be expected to do so without delay. The committee were perfectly satisfied with the present position of the matter.

SANDOW'S MAGAZINE

OF

PHYSICAL CULTURE

AND

SPORT.

VOL. XVI.

JANUARY TO JUNE, 1906.

LONDON:

SANDOW'S MAGAZINE AND GENERAL PUBLISHING COMPANY, LTD.,

131, TEMPLE CHAMBERS, LONDON, E.C.

DO YOU EAT TOO MUCH SALT?

Swiss Professor says too much Salt causes Kidney Disease.

MANY people reach for the salt-cellar and sprinkle salt into almost everything that comes on to the table. It's a habit; they don't wait to taste anything to see if it isn't salty enough. There is no need of using so much salt, and there is very good expert authority to show that the salt habit is a really dangerous habit. Among other things, it is probable, too, that too much salt brings on Bright's disease and other kidney troubles. And this is the reason why:

We need only 20 to 30 grains of salt per day, according to Professor Bunge, one of the most eminent physiologic chemists in the world, of the Swiss University at Basle. This amount we absorb by eating our food in its natural or cooked state, and it is quite evident that the systems of animals are built to run on this proportion of salt. But the white man and the other races which have learned the habit from him, as well as his cattle, have accustomed themselves to the artificial addition of this substance which works so powerfully on the elements of the body.

Salt, as is well known, makes the heart beat and increases various activities of the organs, and acts as an antiseptic.

MERELY HURRIES THINGS.

For these reasons, most people think the more salt they eat the better their heart and organs will work. Strychnine, alcohol, and, in fact, most poisons make the heart beat more strongly and hurry things up in the body, but all the activity is caused by the effort to rid the system of the offensive matter.

As an English surgeon once pointed out in regard to the stimulating effects of cold-water baths, increased activity is no sign of benefit. He said: "If you should throw a lot of rattlesnakes into a hospital full of sick people, the patients would show marked signs of activity and vitality until the intruders were expelled, but nobody would consider them the better for it. It is the same way with all things which stimulate."

When there is too much salt in the blood the excess acts as a poison, and there is a concerted effort on the part of all organs to throw it out. The heart sends the blood at a faster rate, and the skin and kidneys bend all their efforts to eject it. In hot weather the skin is able to restore the balance pretty well and to relieve the overworked kidneys.

In cold weather the pores can only exude slowly, and the kidneys are therefore in a perpetual state of overwork. Overwork continued long enough has but one outcome—breakdown and degeneration of the organs. With the kidneys this takes the form usually of the dread Bright's disease, which is so hard to treat and so mysteriously on the increase.

One of the well-known symptoms of advanced Bright's disease is dropsy. Water accumulates in various parts of the tissues of the body, sometimes to so great an extent that the patient has to be tapped to have it withdrawn.

Recent investigations have shown Bright's disease patients to be "great salt eaters." The connection is easy to see. When the kidneys get so weakened that they are unable, even at a great strain, to get rid of the salt, it accumulates in the blood. Soon the excess salt enters the tissues and settles in the veins and arteries.

Salt has a strong affinity for water and will attract it anywhere. This is the reason salt is always damp when exposed to the air. A salt solution will pull fresh water through an otherwise impervious membrane. Oysters taken from the salt water and allowed to stand in fresh water for a few hours absorb the water because they are full of the salt of the sea, and

become bigger and whiter. Oystermen take advantage of this well-known fact, and it is a part of the oysterman's work to give the shell-fish "a drink," as it is called, before he takes them to market.

When the human tissues become saturated with salt this substance attracts and holds water in increasing quantities until the symptoms of dropsy occur.

The idea that cattle need salt is a delusion. They do not need it naturally any more than they need alcohol or morphine, but they can and have been taught to need it. Some of the finest prize cattle in England are brought up without a taste of salt.

The North American Indian in his former healthy state never used salt. The white man introduced him to salt and whisky. On the northern plains of Siberia people never eat salt, and scientists have been busy for decades trying to account for their unexplained hardihood.

England, though probably guiltless of any humanitarian motive, has perhaps done India a great kindness in taxing, as it has so heavily, salt. Aside from Bright's disease and other ailments of the excretory organs, arterio-sclerosis, or hardening of the blood vessels, is now thought to be caused directly by excessive salt eating.

This disease, usually called apoplexy, but also distinguished by many other names, according to the organ in which the stiffened and inelastic blood vessels first snap, is the increasing dread of middle and old age.

Alcoholic drinks, particularly beer, are given the blame for much of this disease. Yet every bar-room has its free lunch of heavily salted pretzels or other saline morsels placed handy with a view to stimulating thirst. Many drinkers have the habit of shaking salt into their beer.

Hearty meat eaters are very subject to arterio-sclerosis, but these people are almost invariably heavy salt consumers. The tendency of these people as they grow old is to become fat, gouty, red faced and dropsical. Bright's disease preys upon this class.

A milk diet is the best known remedy for arterio-sclerosis and all its train of allied ills. That it is, though, is owing in great part to the absence of salt in milk. If salt is needed in any large quantity by animals it would certainly be found in milk.

Speaking of milk in connection with kidney diseases, it is interesting to point out what an excellent article of diet cheese is. John D. Rockefeller the other day remarked: "One of the greatest regrets of my life is that I did not discover cheese earlier." And Mr. Rockefeller is quite right.

There is no article of diet which contains so much concentrated nourishment and yet is so easily digested. Beans, for instance, I highly regard because the chemist proves that they are chock full of nutriment. Yet the truth is that the human stomach in digesting a plate of beans finds the task so difficult that it uses up almost as much energy as it derives. To many people, especially those not leading active outdoor lives, beans are about as nutritious as so many marbles.

"But they stay by you," someone will object, meaning that you won't feel hungry for some time after a meal of beans. Of course they do; anything that doesn't digest stays by you unless you are made violently ill by it. In the logging camps, where the cooks are at their wits' ends to appease what are perhaps the most ravenous appetites in the world, beans are served every day in the week, for they best resist the onslaughts of those iron stomachs.

Cheese, especially the goat's milk cheese, such as Camembert, though just as full of nourishment, would be digested in an hour and a half by these hearty workers, and they would need about eight meals a day. But if they could live on cheese instead of beans it is probable that logging men would stand the strain longer and reach old age without suddenly going off from apoplexy, Bright's disease, rheumatism of the heart and other kindred complaints.

One teaspoonful of glycerine to a tablespoonful of boiling water taken ten minutes before meals is said to be a certain cure for indigestion.

If a finger has been pounded or crushed, plunge it into water as hot as can be borne. This will relieve the pain more quickly than anything else.

ARTICLETTES.

Heat and Health.

What to Eat, Drink and Wear in the Summer.

The most important points to observe during the hot weather are essentially those of food and drink. A well-known West End medical authority gave the following list of the best constituents for a summer diet:—

Breakfast.—Need not vary, though, if obtainable, fried fish is preferable.

Lunch.—(1) Light soup (just warmed).
Bread and butter.
Fruit (stewed or fresh).

(2) A very healthy and appetising lunch consists of strawberries, sugar and plenty of cream.

(3) Asparagus, with butter, bread.

(4) Buttered spinach and a poached egg.
Bread and butter, with a little cheese.

Tea.—Need not change. Preferably sandwiches of green-stuff, such as cucumber, mustard and cress.

Dinner.—Lamb, green peas, new potatoes, chicken, fish if obtainable.
Plenty of fresh green vegetables are essential. Put meat in the background.

"Fish," the doctor told a *Daily Mail* representative, "is the best flesh to eat, as it is not overheating. It is rather difficult to get it fresh during the summer, and for this reason I strongly advocate fishing as a summer pastime, for it is a healthy, useful and remunerative sport.

"Many people," he continued, "think beer is the best summer drink. They are quite wrong; beer-drinking during the hot weather often leads to sudden death—a frequent occurrence at outings. Whisky is just as injurious, and people could not do better than drink 'claret cup,' 'cider cup,' or 'ginger beer.'"

At this time of year bilious attacks with violent headaches are very prevalent, and the eating of stewed gooseberries soon dispels, at least, the headache.

It is just as essential to cast a clout in June as it is not to cast it in May. The wearing of heavy woollen clothes is apt to cause chills, which in their turn lead to pains in the back—rheumatic pains. Yet one should wear very light flannel next the skin to absorb any perspiration.

During the hot weather the best course to take is to eat plenty of fruit, and see that it is not over-ripe. Keep yourself in the best of health, as summer breeds the ills of winter.

Silk Hat Obsolescent?

Observers are noting the gradual disappearance of the top hat. Cycling dealt it the first serious blow; then golf "got one in," and now the motor has it well in chancery. Ascot is expected to show further indications of this change of fashion, and if this exceedingly damageable piece of headgear is finally driven from race meetings there will be few to mourn its loss.—*Isis*, Oxford.

Do we Laugh Enough?

A hearty laugh is but seldom heard nowadays—at the utmost we giggle unmusically, says *Vanity Fair*.

In restaurants and at private dinner parties there is conversation in plenty, but we take our pleasures seriously, and a real laugh is as extinct as peacock-pie.

Plea for Dancing.

Work may be at the root of a nation's wealth, but gaiety should be at the root of a nation's health.

In games of skill where men and women combine, the spirit of competition very often contrives to choke the spirit of mirth. The innocent exercise of the dance is healthy at least, and inspiriting at most, and it is difficult to find a reason for the languor of the young men of the day, who see no shame in admitting that they "don't dance."

There is but one explanation for their conduct, thinks *The Gentlewoman*. This may be found in the fact that the partners of the Twentieth Century, by some Amazonian process hitherto unaccounted for by science, have grown apace, while the male community has, with some exceptions, almost ceased to reach the middle height.

Better than Bromides.

"Get out of doors," writes an exchange, "and you won't need to take sleep opiates. Isn't it the easiest thing in the world to lie down in a sunny field, with a handkerchief over your face, and fall asleep? And, if you have ever crossed the ocean, you must have noticed how the fresh breezes and sun's rays set the passengers dozing in their chairs. Sunlight and air are Nature's own remedies for sleeplessness, and if insomnia patients could take a good course of this treatment they would need no poppy juices."

Real and Imaginary Disease.

There are two kinds of pathetic people in this world. The first kind are those who are afflicted with some real organic disease, but will not admit it either to themselves or their friends, and are putting up a brave but futile fight for their lives.

The second kind are those people who have no real disease at all, but imagine themselves to be sick. They worry themselves and their friends with useless repetitions of their symptoms, which would very quickly disappear if they would quit talking and thinking about them.

Both of these kinds of people are equally pathetic and are entitled to the sympathy of everyone.

Nature's Cosmetics.

May Dew and Parsley for the Complexion.

Nature provides the best cosmetics, and they cost absolutely nothing.

So says a *Daily Mail* correspondent, who writes: "Nothing is better for the complexion than May dew. Get up early and bathe your face with that refreshing beautifier, and in a few days you will see the good effects on your complexion. Go on through the month of June, steeping some soft linen in the glistening drops on the grass, using only that for a face wash.

"Elderflower blossoms kept in the water-jug will make the skin beautifully soft. Should you get sun-burnt playing tennis or golf, an infusion of parsley in hot water will remove it. A walk in soft summer rain is a great beautifier of the complexion.

"Box makes the best of hair-washes. Box and rosemary combined will retard greyness, but fair-haired people must use it with care, as it has a darkening effect.

"Should your eyes feel hot and tired after a long ride or drive, bathe them with an infusion of honeysuckle leaves, using the leaves as a sponge. A diet of strawberries is excellent for the teeth, and violets preserved in sugar sweeten the breath."

The cold, purely scientific eye is inclined to look askance at these poetic recipes. "The May-dew recipe for a face-wash and the walk in the rain are no more than soft-water washes, which, of course, are good in themselves, but no better than—indeed, not so good as—washing in ordinary distilled water," said a Harley-street expert when questioned on the subject. "I agree with strawberries as a diet, and if they do not noticeably improve the teeth they are excellent for gout. Elderflowers are a very old specific for the complexion, and I believe the pharmacopœia gives the recipe for elder flower water."

Lounging Through Life.

The study of diet is a study in itself. The influence of diet cannot be tested by the life of any individual, however long lived; "one generation will not suffice to determine its value; the life of the race can alone test this matter." So writes Dr. Harrington Sainsbury in his new book, "Principia Therapeutica."

"The diet in our own case," he says, "is a sufficient one; it has brought us to the point at which we now are, and we have no reason to doubt that it will bear good fruit in the future. The first recipe in the 'Forme of Cury,' a book of ancient English cookery, compiled about A.D. 1390 by the master-cooks of King Richard II., is for the preparation of 'gronden benes,' beans stripped of their hulls after baking, washed well, steeped in good broth, and eaten with bacon; after more than five hundred years the dish of beans and bacon holds its place, and is likely to stand for five hundred more."

Temperance, the author insists, stands as the first law in diet.

"Many a man who lounges through life," he remarks, "faring sumptuously, and strolls out of it in the same delicate way, has within, though never called into play, the higher-grade mechanism of 'the brave and courageous man who had no fear of death,' who lies buried in Tewkesbury Abbey.

"In point of fact, the man who fares sumptuously starves in respect of the energy which he extracts and develops from his superabundance, whereas the man of strenuous life is filled to overflowing with the dynamics of the food particles of his meagre diet."

Strengthening the Back.

A good exercise to strengthen the back and remove excessive flesh from the hips can be taken in one's own bedroom. It consists simply in picking up a small stool or chair and raising it high over the head, and then, bending over, placing it on the floor. Repeat this movement, raising the stool high above the head, and putting it back on the floor until tired. It is a good idea also to take a deep breath when you raise the arms above the head, and expel when you put the stool to the floor. This is a vigorous exercise, and if kept up will not only strengthen the muscles of the back, but drive away the superfluous flesh from the hips.

DANGER SIGNALS IN THE EYE,

And How to Read Them.

THE bright eyes, with contracted pupils, denote irritation of the brain. This symptom usually occurs in the early stage of fevers, and is indicative of a high grade of febrile action.

Contraction of the pupils, with photophobia, when not influenced by myotic remedies, is a sure indication of cerebral inflammation.

The dull eyes, with dilated pupils, denote compression of the brain, and are indications of approaching coma. In continued fevers, dulness of the eye, with dilated pupils, a tendency to keep the lids closed, will open them when spoken to, but close them immediately after. The patient will soon become restless, reason with difficulty, nervous irritability becomes aggravated until typhomania is fully developed.

Suddenly developed strabismus, with dilated pupils, indicates a tumour at the base of the brain, or effusions into the ventricles. This symptom should call the physician's attention to the approach of apoplexy.

SPASMODIC STRABISMUS,

with contracted pupils, denotes inflammatory irritation of the brain, and commonly occurs before or during convulsions. One-side contraction, or dilation of the pupils, or a deviation of the pupils, or a lesion of the brain at the side to which the eyes turn—this symptom, if noticed before coma is developed, will warn the physician of approaching danger, and at all times will aid the surgeon to locate the offending brain pressure.

Inequality of the size of the pupils, where one will respond more readily to light and accommodation than the other, indicates an affection of the great sympathetic, and is usually accompanied by one-sided sweating of the body.

The oscillating eyes, or the vacant stare, as though the eyes were fixed upon some distant object, indicates that the system is undergoing a shock. This symptom may occur after severe injury, narcotism, or when the nervous system is exhausted from mental or physical strain.

The fixed, or vacant stare, may be looked upon as a dangerous symptom, and when accompanied by dryness, as from deficient lachrymation, is a sign of approaching death. The superior rectus is shorter than its fellow muscles, and when a complete relaxation takes place the cornea deviates upwards. This fact may be proved by examining the eyes after death; in complete anæthesia, or other conditions in which we have complete muscular relaxation, you will find the cornea drawn upwards by the shorter muscles. When this symptom occurs during the progress of disease, it indicates that the vitality of the patient is breaking down, and when accompanied with dryness from deficient lachrymation, it indicates death.

A DISEASED CONDITION OF THE KIDNEYS

may be detected by the change in structure, which early takes place in the eyelids. Puffiness of the inferior lids should call for a thorough examination of the kidneys, where you will, in all probability, find the cause. Puffiness of both superior and inferior lids, with pallid face, should call for an examination of the urine for Bright's disease. If, in addition to the puffiness of the lids, you find a drop of clear fluid beneath the conjunctiva, the indication becomes much stronger.

From the eye and facial expressions you may read the termination of disease hours before other symptoms will confirm your prognosis. To recapitulate: The lustrous eye, with quick and regular movements; the pupils responsive to light and accommodation; the lachrymal secretions normal; the facial lines symmetrical; the lips and teeth held firmly together; the ears warm and of a soft pink hue, is the physiognomy of health.

The sunken eyes, with cornea rotated upwards, and motionless, or a slow movement from side to side; deficient lachrymation; lids partially closed and motionless; a sharp nose; collapsed temples; jaws and lips separated; ears cold, contracted, and the lobes turned out; forehead rough and irregular, with a leaden colour of face, is the physiognomy of death.—*The Family Doctor.*

LADDERS OF LEARNING.

John Burns learnt the Secret of Physical Endurance from Voltaire.

MENTAL culture is akin to physical culture, and disciples of the latter will read with interest the titles of the books that have influenced the Labour representatives in Parliament.

Mr. John Burns says in the *Review of Reviews* that he began his library by buying Voltaire's "Charles the Twelfth" for a penny in the New Cut, and from it he learnt the secret of physical endurance and indifference to cold. John Stuart Mill made him a Socialist by his failure to refute the arguments of the Socialists. Ruskin and Carlyle completed what Owen had begun. Adam Smith's "Wealth of Nations" he found buried in sand under the foundations of an old engine shop at Akassa, on the West Coast of Africa. His library at Battersea is his workshop.

Says Mr. John Ward, the navvy M.P.: "When I was first taught to read, the Bible was my chief source of inspiration. . . . . 'Pilgrim's Progress' comes next. . . . The first book that struck my imagination was Scott's 'Ivanhoe,' which I read when about twelve years old. About this time I devoured—not read, that's too tame an expression—'Robinson Crusoe.'"

"I think," says Mr. Keir Hardie, M.P., "my mother's songs made the strongest impression upon me, combined with the tales and romances of my grandmother, whose father had been out in the rising of 1745. The first book I remember reading was Wilson's 'Tales of the Borders,' and these took hold of my imagination and created within me a love of the tales and traditions of Scotland, and, for that matter, of other countries, which abides with me still."

Mr. Thomas Burt, M.P., writes: "In my father's little library there were two or three odd volumes of Channing's works. One of these contained Essays on Napoleon, Fénelon, and Milton. These essays I devoured greedily; that on Milton I read over and over again."

With Mr. Stephen Walsh, M.P., "from very early years Shakespeare has been a prime and constant favourite. Falstaff, Brutus, Mark Antony, Cassius, quaint old Dogberry, and the tender, half-petulant, yet innocent old Verges—all these have been almost living realities with me. The first book I ever bought was a shilling volume of 'Pilgrim's Progress' over thirty-two years ago, although I was then a Roman Catholic."

Mr. F. W. Jowett, M.P., says: "The book which (1) made me want to read was 'Ivanhoe'; (2) led me to think and reflect was 'Past and Present'; (3) made me a Socialist was 'Unto This Last.'"

Our Two Brains.

Every person has, in reality, two brains—a right hemisphere and a left hemisphere. Each hemisphere is complete, containing within itself every force of mind.

The only difference is that one hemisphere is habitually used. As most people use the right hand in preference to the left, so most people use the left cerebrum in preference to the right. The left cerebrum is the one in constant use. It is in the left cerebrum that self-consciousness resides because of its constant use.

The right cerebrum, however, is capable of registering everything that happens, the same as the left cerebrum. It is in the right cerebrum where so-called subconsciousness resides.

A person may be giving attention to some self-conscious act with the left cerebrum and at the same time listening to what is going on about him with the right cerebrum. After the self-conscious act under the control of the left cerebrum has been completed, attention can be turned to those things that have been registered in the right cerebrum during the self-conscious act. In order, however, to recover impressions made in the sub-conscious cerebrum the effort to recall must be made very soon after they are registered, else they will fade away beyond ordinary effort to restore them.

In times of great excitement or febrile disturbances long-forgotten impressions made on the sub-conscious cerebrum may be restored to memory in such a surprising manner as almost to suggest the miraculous.

IN THE ARENA OF SPORT.

Club-Swinging Record.

Victor Sampson successfully completed his attempt to lower Burrows' record of swinging the clubs twelve hours per day for six consecutive days on Saturday evening at 10.30, when he completed his sixth spell of 12¼ hours with 2-lb. clubs. The event took place at the Central Hotel, Kimberley. During the last few minutes of his heavy task Sampson treated the audience to a splendid exhibition of fancy swinging, and finished his undertaking in a manner that was deservedly enthusiastically cheered. The clubs he had swung so long and so well were weighed, and certified as being a shade over 2 lbs. each.

Tennis Crack's Serious Injury.

All lawn tennis players, especially those who were anticipating a meeting between the American and English champions at Wimbledon, will hear with regret that the accident which Mr. Beals Wright sustained on the eve of his departure for England has proved far more serious than was at first anticipated. Before he had been in London many hours the doctors discovered that his right hand was developing septic poisoning, and expert treatment at a nursing home was immediately ordered.

After promising at one time to yield to this treatment, the hand grew worse, and the surgeons now fear that one of the ex-champion's fingers will have to be amputated. It is a cruel piece of luck to a player whose reputation had been steadily growing, and who promised, if not this year, certainly at no distant date, to become the finest exponent in the world.

London Polo Players.

The London Polo Club is growing in popularity. The beautiful surroundings of their grounds at the Crystal Palace make it an ideal meeting-place. The fixtures include: June 23, Hurlingham *v.* L.P.C.; June 26, Ladies' Nomination Handicap Tournament; June 27, L.P.C. *v.* Worcester Park, at Worcester Park; June 28, Ladies' Nomination Handicap Tournament (second ties); June 30, Ladies' Nomination Handicap Tournament (final); July 3, Beavers *v.* L.P.C.; July 7, L.P.C. *v.* Eden Park, at Eden Park; July 12, Gymkhana; July 14, Hatfield *v.* L.P.C.; July 16, L.P.C. *v.* Roehampton, at Roehampton; July 18, Stoke D'Abernon *v.* L.P.C.; July 24, Royal Artillery (Woolwich) *v.* L.P.C.

Cricketer and Legislator.

Mr. Lyttelton's politics (says *The Daily News*) may be all wrong, but his cricket when he was at Cambridge was certainly all right. He played for his university from 1876 to 1879, and at that time was one of the foremost cricketers in the country, both in batting and in wicket-keeping, being quite of the first class. It will be remembered that the Light Blue team of 1878 were the greatest side that ever represented either of the universities. They played eight matches, and won them all—four in a single innings. Although not at full strength at the time, they defeated the Australians by an innings and 72 runs.

Scorer as Sub-Editor.

The remarks made by the Hon. F. S. Jackson on the subject of cricket journalists will command a good deal of support. There is no possible reason why a first-class cricketer should not be an equally good journalist, but it is preposterous to assume that excellence in cricket alone qualifies a man for serious journalism. Even apart from that, it is contrary to all one's notions of good taste for a man to criticise the players in a match in which he has been actually engaged. Fortunately there has been less of this type of modern journalism recently, but it cannot be doubted that it has done harm to the game. When a man writes about his own side behaving like "frightened rabbits," surely the climax has been reached. Without being guilty of caddishness, moreover, a disinterested amateur may reasonably object to published criticism from the pen of an uneducated workman who happens to be a good cricketer. I know (writes "A. S. G." in *The Daily News*) that one gentleman who regularly wrote on cricket for a daily paper had to get his contribution sub-edited by the scorer before he could venture to send it in.

Bar's Champion Golfer.

J. F. Tindall Atkinson, a member of the Sunningdale Club, won the Bar Golfing Society's Tournament at Hunstanton on Saturday. In the final, giving two strokes, he beat G. R. Venables, a member of the Tooting Bec Club, by 3 up and 2 to play.

Record Golf Entry.

The number of entrants for this year's Open Golfing Championship at Muirfield was 154, constituting a record. The previous record total was 149, at St. Andrew's last year.

Cash Value of "Sporting Loafers."

The value of a class called by Col. Baden-Powell "sporting loafers," is evidenced by the recently-issued Football Association balance-sheet. The chief figures in the statement may be set out as under :—

THE F.A. CUP.

	Receipts. £ s. d.	Expenses £ s. d.
Semi-final at Birmingham	1,700 18 0	280 9 6
Semi-final at Stoke ...	892 7 0	147 11 5
Final at the Palace ...	4,017 5 0	48 2 10
Total	£6,610 10 0	£482 3 9

The total receipts for the final were £20,025 17s. 0d., from which the F.A. received £4,017 5s. under the agreement with the Palace Company.

AMATEUR CUP.

	Receipts. £ s. d.	Expenses. £ s. d.
Semi-finals (three) ...	698 16 9	124 13 9
Final at Stockton ...	156 7 0	65 16 10
Total	£855 3 9	£190 10 7

INTERNATIONAL AND TRIAL MATCHES.

	Receipts. £ s. d.	Expenses. £ s. d.
Amateurs and Pros. of South	321 6 0	107 0 0
North *v.* South	202 3 9	170 7 6
v. Ireland, at Belfast ...	—	182 1 1
v. Wales, at Cardiff ...	—	132 16 6
v. Scotland, at Glasgow	—	161 18 5
General Expenses ...	—	477 19 5
*Grant to Charities ...	—	219 17 3
Total	£523 9 9	£1,452 0 2

* Proceeds of Amateurs *v.* Pros.' match.

Rugby Team for New Zealand.

It is now practically certain that another British Rugby football team will visit New Zealand in 1908. In this case the New Zealand Rugby Union, which made a profit of £8,023 on the tour of the "All Blacks" in Great Britain, will finance the affair, which will mean in all likelihood that the smaller centres of football in New Zealand will have the chance of seeing the British footballers.

Hurdler and Cyclist.

J. B. Denshan, recently at Stamford Bridge, after running over, unopposed, for the quarter-mile hurdles challenge cup in 67 secs., retained his hold on the two miles bicycle cup, beating A. H. Bek by twelve yards in the fresh record time of 5 mins. 25 2-5 secs. for this competition. The previous best, accomplished on the old unbanked track, was 5 mins. 31 2-5 secs., by F. Eastmead in 1900.

Rival to Daniels.

H. J. Hardy, the crack swimmer of the Chicago Young Men's Christian Association, is taking further advantage of the absence of C. M. Daniels (N.Y.A.C.) in Europe. A few weeks ago, in a match race with R. T. Laughlin, of Chicago A.A., he swam a mile in 25 mins. 15 secs., cutting his own American record by over half a minute; it is claimed, in fact, he cut 58 secs. off the old mark, and meanwhile smashed eight records held by Daniels.

Swimming Race in Clothes.

Some thirty swimmers of the Serpentine Swimming Club recently decided a somewhat novel, but useful, form of competition by swimming across the Serpentine, Hyde Park, in a complete suit of clothes, which at the start weighed 7 lbs., and at the finish varied between 13 lbs. and 23 lbs. The race resulted in a dead-heat between T. Bradshaw, who received 180 secs. start, and S. H. Parkinson, 175 secs., whilst the third man was J. Denby, 170 secs., a veteran of sixty-five years of age.

Motoring Gold Medallists.

The following British motorists in the Herkomer Cup race, received gold medals :—Lord Montagu of Beaulieu, London; Mrs. Manville, London; Jarrott, London. Prince Henry of Prussia also received a gold medal.

Weight-Lifting Competitions.

The recent amateur weight-lifting competitions held at the German Gymnasium, produced a very promising young exponent in the person of C. G. Winks, of the Atlas Athletic Club. Slightly built and only recently attaining the age of 21, he has more the appearance of a sprinter than a weight-lifter, but he nevertheless successfully raised 100 lbs. with the right hand, 145 lbs. with the left, and 220 lbs. using both hands. W. P. Caswell, of Bates's School of Physical Culture, the light-weight champion, however, went better, and secured first prize amongst the middle-weights by lifting 160 lbs. with the right, 160 lbs. with the left, and 220 lbs. with both hands. J. Thomason, of Wolverhampton, was third with an aggregate of 453 points. T. Pevier, of the German Gymnastic Society and H.P.C.S., won the heavy-weight competition. T. Herbert, of the Hammersmith School of Wrestling and Weight-lifting, being second.

TYNESIDE PHYSICAL CULTURE SOCIETY.—On Tuesday, June 12th, the men's section of the above society were able to hold their class in the grounds of the Riding School, Northumberland-road, Newcastle, by the very kind permission of Sergeant-Major Bevan. About forty members took part in the drills, which comprised the dumb-bells, under Mr. George Mather, bar-bells under Mr. James Dorward, and vaulting-horse and parallel bars under the gymnastic instructor, Mr. R. Nisbett. Mr. P. C. Olsen superintended the wrestling, and a thoroughly enjoyable evening was spent.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

I receive, as may be guessed, many more letters than I can publish in the "Club," hence I am compelled to publish only the best, that is, those which best fulfil the spirit of the Club's motto "One may help many." Readers whose letters are not published within a month of date of sending must not feel aggrieved. Rather should they feel like King Bruce when cast down by *apparent* failure; he saw a spider try and fail, and try and fail again, and try and try again until it succeeded in climbing back to its home. If you give up too early in this matter you may do so in others.—EUGEN SANDOW.

Will Swimming Readers Reply?

[Perhaps some of my swimming readers would like to write to Mr. Alves, as requested. His address is c/o Hamburg-Amerika Linie, Hongkong.]

Hongkong.

SIR,—Having such a particular ambition for swimming championships, I beg most respectfully that some of your readers will correspond with me re the following questions, and will be pleased to receive their opinions concerning same:—

(1) Difference between English side-stroke and trudgeon's for racing purposes.

(2) Which is the best of the two?

(3) I'm good for both, but don't know which is better for speed.

(4) Which stroke is most of England's swimmers using at present for speed?

(5) Have you attempted, or will attempt, to regain lost titles, and what is the result?

(6) Generally speaking, my training is: Train three months, swimming every evening before the race. Sandow's Developer every evening and morning since I took it up in July last. Will drop off the Developer entirely for a fortnight before the race. Have no special diet rule but one, take cracked wheat porridge, mixed with Plasmon powder and condensed milk, and also a cup of Plasmon cocoa, with sugar, for breakfast. I am a teetotaler and non-smoker.

N. H. ALVES.

A Threefold Benefit.

Bolton.

SIR,—Whilst reading your valuable magazine, I noticed the motto of the Readers' Club—"One may help many." I thought that my experience of the benefits I received through Physical Culture might be of benefit to others suffering from the same complaint as I was, namely, indigestion. It is about four years since I began Physical Culture, after having tried many so-called remedies without finding any relief. I purchased a Developer, Grip Dumb-bells, and your book, "Strength, and How to Obtain It," and after reading some of the letters from pupils about benefits received, I made up my mind to have a course at your Manchester school. When I went, I told the manager what I was suffering from, so he gave me a special series of exercises, and I can gladly say that the result was far beyond my expectation, for, since my first series of exercises, I have never felt the slightest trace of my old complaint. I had three courses at the school, and I got rid of my indigestion. I increased my development, and I am now built up into a perfect state of health, therefore I received three-fold benefit.

ROBERT LAWRIE.

Founded Prosperous Club.

Aberaman.

SIR,—I am a constant reader of your magazine, which has helped me wonderfully. I use your Grip Dumb-bells and Developer. I may say, also, that I founded the Aberaman Physical Culture Society, which has a half-hundred membership, and is conducted on your system. I have been the means of bringing dozens into the Physical Culture world.

RICHARD LOUIS.

A Remarkable Recovery.

Bolton.

SIR,—Being a constant reader of your mag., I should like to send you my reason why I became a Physical Culturist. About four years ago I had a bad attack of rheumatism, living 16 weeks on brandy, soda-water and milk, which left me with a weak heart. After getting round a little, I decided to go in for Physical Culture, so I joined Sandow's *Answers* Competition, but failed to gain a medal. But I gained health, thanks to Mr. Sandow, and every success to you and your magazine.

W. MCDERMOTT.

Acts up to our Motto.

Belfast.

SIR,—Having a very sedentary occupation, I used to suffer from indigestion and depression, and on telling a chum of mine how I felt, he told me I needed exercise, and advised me to take a course of Physical Culture under your system with your Grip Dumb-bells. He also offered to lend me his Grip Dumb-bells for a fortnight, and if I felt any better I could buy a pair of my own. So I took them and started, using them every morning (except Sunday), and before a week I began to feel a lot better. I purchased a pair of my own and a Developer, and after using them for a few months am feeling as "fit as a fiddle." I use the Developer one week and Dumb-bells the next, and when I come across anyone the same as I was I lend them whichever one I am not using, and I think anyone who has your appliances should do the same, and they would then be acting up to the Club motto—"One may help many."

"A SANDOWITE."

A Good Example.

Great Yarmouth.

SIR,—During the winter there is nothing whatever for young men to do in Yarmouth, but, being enthusiastic Physical Culturists, my brother and I have for the past two winters opened a gymnastic and wrestling and weight-lifting class. Last winter we had 30 members, who at the end of the class spoke highly of the benefit they received, and are, like ourselves, looking forward anxiously to the time when we start again. We have two of your Developers in the gym., and I always advise starters to begin on them. Four of the members have taken championships in wrestling, including myself, at their respective weights. I have won mine two years' running. I am training a little extra to have a try for one of your Development Medals, so will forward measurements on later.

W. J. PALMER.

[I shall be pleased to forward Fellowship Medal to the Palmer Brothers on receiving usual application with the letter attached.—THE PRESIDENT.]

STATUE OF A DANCER.

A Good Tip to his Fellow Clubmates.

York.

DEAR SIR,—I believe there are many Physical Culturists who, after a hard day's work, or after out-door recreation, may sometimes be really too tired to take their accustomed dumb-bell exercise. In such cases I should like to suggest, through your Readers' Club, that, instead of performing the movements, the various muscles be merely well contracted.

This I have found much better than missing the exercises altogether.

Yours truly,

R. C. BILTON.

[This is a very good plan when the "apparatus" is not available. Readers who have practised Physical Culture for some months, or even weeks, will be surprised to find how readily the muscles perform the exercises dictated by the will, thus affording an object lesson, if one were needed, of the value of Physical Culture as a brain as well as muscle developer.—THE PRESIDENT.]

An Interesting Experience.

Nuneaton.

SIR,—I am sending you my experience of what your system of Physical Culture has done for the child of a friend of mine. The child (a girl) from birth has been unable to use neither her left arm or leg—in fact, all the left side was useless. The child was taken to the hospital at Nottingham, and there they put the leg in plaster-of-Paris for six weeks. After that she was worse. They then took her to the hospital at Loughborough, and there they said that they could do nothing for her. Afterwards they took her to the hospital at Birmingham, and there they told the parents that with exercise and massage she could be made better.

The next day my friend told me what they had said, so I decided to give your system a trial to see what it would do for her. I made a small Developer like yours out of some ¾-inch rubber elastic. I picked out the exercises I thought would be best for her to do, and started her doing them as best she could, as she could only move her arm a little. After she had been doing this for a month the change was wonderful. Beforehand she could not raise her hand to her chest, but after doing a month's exercise she could raise it above her head, holding a 6-lb. dumb-bell. Also she could not walk downstairs, but after six weeks' exercise she could walk both up and downstairs. But now, after six months' exercise, she can play and run about as if nothing had been the matter with her. The only thing noticeable with her now is a slight limp when she walks. All I can say is, that your system has made a new child of her.

And now for some of my own experiences. I have been a follower of your system for four years. I have greatly benefited by it. I was for twelve months instructor on the Developer at the Stockton-on-Tees Parish Church Gymnasium. I am a lover of all sports. I do a great deal of cycling, and I find that your system is fine for training for it. On Saturday last I rode sixty miles in four hours. Not bad, as the last twenty miles were ridden in pouring rain.

W. T. KEETBY.

[I should very much like if my correspondent could send me a photo. of his friend's little girl, as I am sure many of our readers would like to see her "counterfeit presentment."—THE PRESIDENT.]

That Tired Feeling.

Sunderland.

SIR,—Being a regular reader of your valuable magazine, which I look forward to every week and enjoy reading, I feel I must tell you the great benefit I have derived from your system. I am a chemist's apprentice by trade, and the hours are rather long. I bought one of your Developers, and I also have a chart out of "Strength," etc., that my cousin gave me. I use the Developer and Dumb-bell chart every alternate night, and also the chest expansion exercises in the morning, and also have my cold bath. Before I took up your system I always felt tired from "getting up to going to bed," but now I have managed to banish the tiredness. I hope before long to send you my photo. and measurements. I am a non-smoker and total abstainer.

GEO. C. HODGSON.

Never Too Old to Begin.

Forest Gate, E.

SIR,—Having been a reader of your very valuable paper for nearly two years, and during the same period have adopted your system of Physical Culture.

Before taking up Physical Culture my health was very indifferent, and I had but just recovered from a serious nervous breakdown, but since exercising daily, in the morning, with the bells, I have become a different being, and feel now younger than I did twenty years ago.

When I say that I am now 46, and have just done a long walk of well over 130 miles during four days at Whitsuntide, and this without "turning a hair," or feeling in the least bit tired or fatigued, I think it speaks volumes for your system. My advice to all is that "one is never too old to begin."

WM. WRIGHT.

Practical and Acceptable.

Swindon.

SIR,—When I started Physical Culture I was very weak in health, but to regular exercise I owe my health. I have been distributing five magazines weekly for the last few months, with the intention of spreading the news of Physical Culture, also the benefit to be derived from regular exercise and proper diet.

G. BRIDGES

My Rules of Health.

Johannesburg, S. Africa.

Early to bed and early to rise makes a man healthy, wealthy and wise.

When you are well, let yourself alone. You can never be better than well.

The almost universal cause of dyspepsia is eating too fast, too often, and too much.

Never take a cold bath when tired, nor less than two hours after a regular meal.

Sameness of food is a great drawback to health, for Nature craves a variety of elements.

That man lives longest who wisely divides the occupations of life between brain and muscle.

Never eat when you are not hungry, nor drink when you are not thirsty; it imposes on Nature.

Marriage is the natural condition of man, and without it no man or woman ever feels settled in life.

To be always well is an attainable blessing—the uniform result of self-denial, temperance, and an industrious life.

Either cold feet or constipated bowels attend a large majority of human ailments, the cure of which would be effected by their removal.

The three great elementary principles of every healthy community, as well as of individuals, are pure air, perfect cleanliness, and well-cooked food.

Go to bed at a regular hour, leave it as soon as you wake up, and do not sleep a moment in the daytime; this will give you all the sleep your system requires.

Eat regularly. Keep the feet warm. Get the utmost amount of sleep. Have one daily action of the bowels. Spend one or two hours in cheery out-door activities.

By using water in abundance to keep clean, taking exercise in moderation to keep the blood pure, and having a regular diet to sustain and strengthen, a man may maintain good health to the utmost limit of four-score.

In recovering from any sickness—1st, keep abundantly and comfortably warm; 2nd, studiously avoid taking cold; 3rd, watch against over-exercise; 4th, eat moderately and at regular intervals, of plain nourishing food.

O. W. SHEAMAN.

Cured of Asthma.

Napier, N.Z.

SIR,—I have now been under Sandow training for close on twelve months, nine of which have been at the school opened here last year by Mr. R. Meechan, a pupil of Mr. Hornibrook, of Christchurch, and a winner of your Gold Medal in June last.

I, like numbers of your other readers, took up Physical Culture from a health point, and I must say I have succeeded far beyond my greatest expectations. From a child I have been subject to asthma, and the numbers of throat and lung troubles connected with it. I used to get so bad at times that I was almost suffocated by the gripping pressure on the throat and lungs. My breathing was short, and would come in gasps. When I started on a course of Physical Culture I had very little hope of recovery, but after the first week I felt a great deal better, and at the end of three months felt as good as cured. At this time the school was opened here, and I took on a term under an instructor. The next three months saw a very much greater improvement in my health. I have continued under Mr. Meechan up to the present time, and I have been cured through doing so. The asthma has disappeared completely, and I am now as healthy and full of spirits as one could wish. During the time I have been under your system my lung capacity has increased 70 cubic inches. For this and my really marvellous recovery to health I have to thank you and your excellent system of training.

P. CULLIFORD.

Where are the Girls?

Bournemouth.

SIR,—At last, after being a reader of your excellent little magazine for nearly twelve months, I have decided to write and let you know a little of my experiences. I have improved wonderfully since I started, although I am unable to exercise as regularly as I should like, sometimes having to work from 6 till 5.30, and then I go to school and prepare for exams. till 10 sometimes, and you know what that means, although when, as sometimes happens, I do not start till eight, I have time for a good spell with your Dumb-bells. I think I am pretty fit, however. On Easter Monday I did 82 miles on my bike without any previous training, and felt hardly anything of it.

I should like to see the great cause taken up by girls more, and some photos. of them in the Club news. We want them to provide wives for the army of Culturists you are training up, for I know no reader of your mag. can be satisfied with a wasp-waisted thing.

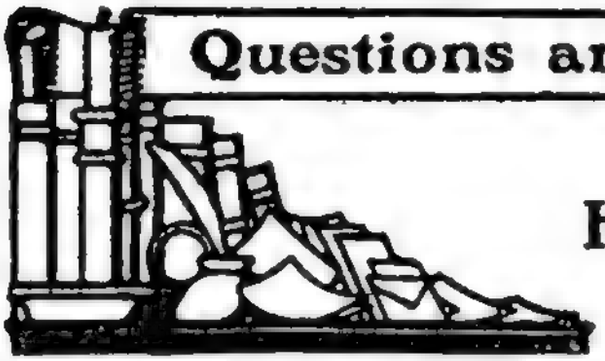
C. REYNOLDS

Cures Consumption.

Leith.

SIR,—Fourteen months ago I commenced your system, and I should like to tell you of the benefits derived from same. To begin with I will give you a short history of my life. At the age of six I caught a chill, which settled into consumption. I was laid up for three months, spitting blood daily. When I got on my feet again the doctor said I would have a hard struggle to reach the age of twenty-one. After nine years of delicate health, my old trouble came on again. This time I was laid up for six weeks. Well, about fifteen months ago I came across an advertisement of Sandow's Postal System, and I decided to give it a trial. The results have been splendid. All my old weakness has gone. I had a very troublesome cough, but it has disappeared, and I feel stronger in every way. I got a doctor to examine me a short while ago, telling him to be particular about the chest, and the report he gave me was very complimentary. He said there was not the least thing wrong with me.

ROBT. GORDON.



Questions and Answers

— AND —

Hints from Sandow.

Courses of Instruction and Treatment cannot be prescribed here. The attention of Readers is called to the announcement on the opposite page.

All communications relating to Instruction or Treatment by post should be addressed to 6 and 7, George Street, Hanover Square, London, W., where these will receive prompt attention. Communications without name and address cannot be noticed.

Ordinary replies cannot be answered by post.

The Difference between one or more Apparatus.

F. F. F. (CHESTERFIELD) writes: Would the Sandow Grip Dumb-bells bring into play all the muscles that the Developer would, providing I had a chest expander for the same?

Answer: In practice it is found that the use of both Dumb-bells and Developer is preferable, as, while it is not impossible to exercise all the muscles of the body with either alone, yet the combination of the two affords the easiest, quickest, and most certain way of accomplishing this purpose. The tendency with one form of apparatus is to fall into the habit of using it in a certain narrow set of exercises, over and over again. The use of two or more sets of apparatus automatically secures a wider, and therefore more beneficial, range of exercises. Let me also point out that the Sandow Combined Developer includes a very good chest expander. All the apparatus and books can be obtained from the Readers' Club Supply Department of this magazine.

J. W. (no address) writes: Is it a sign that the heart is weak when there is a double beat? If so, which are the best exercises for curing same? I should be much obliged if you would tell me.

Answer: You would appear to have slight heart trouble, probably palpitation. Very light exercises—those exercises which do not excite your heart to the action of which you complain—will strengthen the affected organ.

E. J. B. (LONDON, S.E.) writes: Acting on the advice of a great many friends, and knowing you to take such a great interest in Physical Culture, I thought you would pardon my bringing before your notice a few particulars regarding height, weight, and measurements, and a few of my abilities in weight-lifting.

I must inform you that I do no exercises, neither do I practice. I may go weeks without trying to lift.

I may be getting my advice from persons who are ignorant on physical development, but thought I would take their advice and write you.

I came from Witney, in Oxfordshire.

Age	24 years	Biceps	14½ in.
Height	5 ft. 8½ in.	Forearm	11½ in.
Weight	12 stone	Calves	15 in.
Neck	15 in	Thigh	21½ in.
Chest	42 in.	Knee	15½ in.

I can lift a lot of weights tied together (which are very awkward) to the amount of 70 lbs. 15 times from shoulder, and suspend in each hand, level with my shoulders, 40 lbs. for 15 seconds.

I enjoy excellent health, which is extraordinary under the circumstances, as I am confined in business from morning until night every day, depriving one of the means of exercise.

I am manager at the address stated. My friends say I am wasting valuable time remaining in the grocery trade; but, as I said before, they may know but very little about strength. Therefore, I trust you will favour me with a reply.

Answer: The thing that strikes me about your letter is that you should express surprise that you enjoy excellent health. Now, let us both look at the matter broadly. You are a countryman by birth (advantage No. 1); you probably come of more than ordinarily vigorous country stock (advantage No. 2); you are

Answers to Correspondents

Are necessarily so brief as to leave much desired in regard to Readers' training.

—very much—to be the case where any proper direction of affects development.

This is especially with the early or ad-

ailment exists that gestion, constipation,

If you are troubled somnia, or other ner-

vanced stages of indi- disorders, you really

loss of vigour, in- continuous direction

vous and functional better of your trouble

need very careful and and thus at the same

if you are to get the tion for your future

as quickly as possible, body and mind.

time lay a firm founda-

health and strength of

I will gladly assist you if you would like me to do so.

In the first place will you please apply for a copy of my book explanatory of my *curative treatment.* I shall be pleased to send it to you as a Reader free of charge, and post free. The book contains details in full, and also includes a blank form containing questions which you will find will enable you to state your case wonderfully clearly. My advice and direction of your treatment would be based on your replies to these queries, and as affected by later reports of your continued improvement under my personal direction.

Please address me personally, and I will quickly send you book and full particulars for your guidance.

EUGEN SANDOW, Dept. S., 17 & 18 Basinghall St., London, E.C.

also in the very prime of your animal life—the time when human vitality is at its highest. Yet it is safe to say that you would be in a much more safe condition, as far as your future health prospects are concerned, if you would take up Physical Culture as a regular feature of your life. One's health, say, seven years hence, is according to the foundation that is being laid to-day. Any injuriously unhealthy life of to-day may not be felt to-day, but will surely make itself evident later. You undoubtedly have the nucleus for making a splendidly strong and healthy type of manhood—why not make the most of it? That is more important than the question of one's trade. Good health and strength is like the possession of money wherewith to carry out any purpose. For instance, take the case of a poor, broken-down clerk, printer, or bookbinder. Such an unfortunate individual may be advised to change his trade to an outdoor one; but what chance has he of shaking himself free from the surroundings that are slowly killing him? A man with health and strength of body and mind is never hard-up, in the double sense of being hard-up in health and pocket. If you think well of your grocery trade and its prospects, good health will enable you to successfully resist most of its injurious influences. Another thing is, that as time goes on, and your physical training hardens your constitution, you will be sure to come out ahead in competition with men who have not so wisely built up their health and vigour as well as business.

This being the case with a man at present so healthy and strong, how much more necessary is it that those not so well conditioned should lose no time in repairing unsound life and health foundations! Your foundation is unsound if you suffer from indigestion, flatulence, biliousness, heartburn, heart palpitations, or constipation, foul tongue, offensive breath, blotchy or pimply skin; or loss of vigour, depression, physical and mental inertia, and want of continuity and endurance of purpose; or other nervous disorders, such as nerve weakness or lack of nerve control, trembling, blushings, insomnia, etc.

The vitally important point not to lose sight of is that to-day's condition is not the barometrical indication of your future condition.

Further, if there exists within you a health and strength degenerative tendency, or momentum, your future condition must be worse than it is at present.

The apparently simple, and possibly merely occasional indigestion, constipation, or loss of vigour, may develop into chronic poverty of blood and consequent starvation of life itself, as manifestable in many different ways, such as a most depressing and miserable lack of energy—betokening a serious depletion of the nerve or life force. Your body, and all its intricate machinery, may become like a steamship with engines stopped for want of motive power, and drift rapidly to destruction, unable to steer its proper course or keep away from the rocks of disaster. In such a condition, the proper course is to quickly get steam up again, and to—if the course be not thoroughly well known—engage a pilot.

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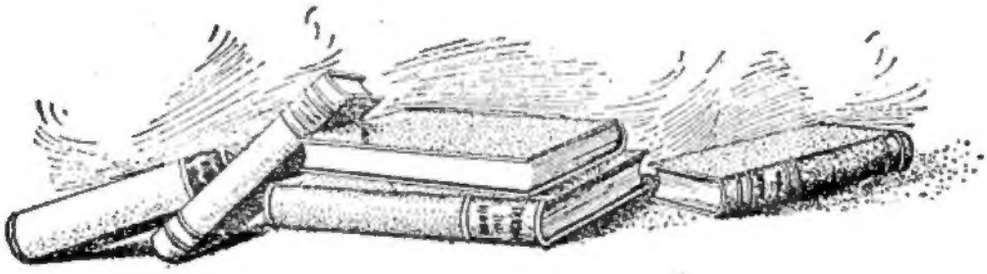

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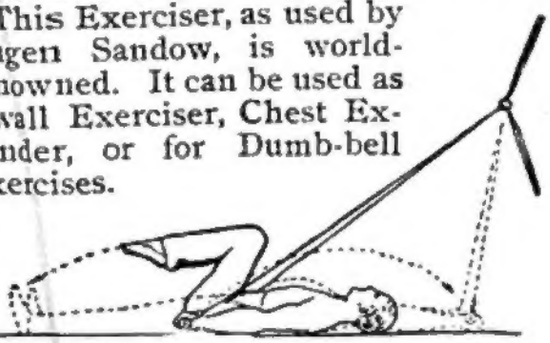

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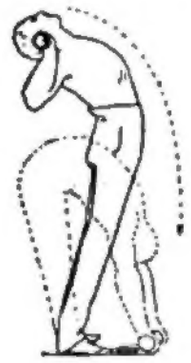

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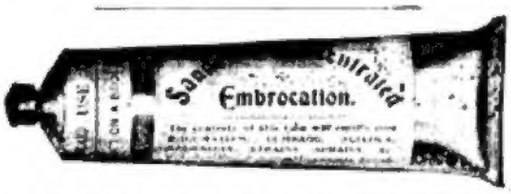

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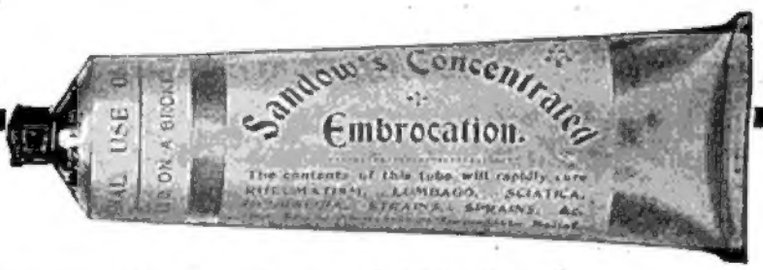
REDUCED  SIZE.

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